



BOYS AND GIRLS

OF
WAKE-UP
TOWN

ADDRESS



THE STORY SERIES IN HEALTH · · BOOK TWO

THE BOYS AND GIRLS OF WAKE-UP TOWN

BY

J. MACE ADDRESS

Lecturer on Health Education, Boston University

Illustrated by Marguerite Davis



GINN AND COMPANY

BOSTON · NEW YORK · CHICAGO · LONDON
ATLANTA · DALLAS · COLUMBUS · SAN FRANCISCO

COPYRIGHT, 1924, BY J. MACE ANDRESS
ALL RIGHTS RESERVED

624.6

THE STORY SERIES IN HEALTH

BOOK ONE

A JOURNEY TO HEALTH LAND

By J. Mace Andress *and* Annie Turner Andress

BOOK TWO

THE BOYS AND GIRLS OF WAKE-UP TOWN

By J. Mace Andress

The Athenæum Press

GINN AND COMPANY • PRO.
PRIETORS • BOSTON • U.S.A.

PREFACE

Preface
This book is offered as a contribution to the newer health teaching now being inaugurated in our schools. As in the previous volume of this series, health habits are regarded as the goals of health teaching, but the approach is a recognition of the changing point of view of children. In the fourth and fifth grades there is a gradual decline in the interest in fantastic stories, and an increasing interest in the stories of real children.

"The Boys and Girls of Wake-Up Town" is an imaginative, dramatic story of the health achievements of the children of a sleepy school and a sleepy community. It does not preach or present facts in an encyclopedic fashion. It tells in simple language how the children and the community woke up and learned to be healthy. The story attempts to make health habits so attractive that both teacher and children may catch the spirit of healthful living and feel impelled to do some of the things achieved by an awakened school and community. There is no expectation that the teacher in using this book will necessarily stimulate just the kind of club organization reported in these chapters. The more highly organized type of club should appear in the higher grades, but even in a fourth or fifth grade some simple form of social health activity is desirable.

This book, like its predecessor in this series, follows closely the point of view in health education presented through the bulletins of the Division of Hygiene of the United States Bureau of Education, particularly *Bulletin No. 10*, entitled "Suggestions for a Program of Health Teaching in the Elementary Schools," by J. Mace Address and Mabel C. Bragg.

The spirit of the book throughout, with its carefully planned exercises, is designed to stimulate health projects. The field of health teaching, particularly in the lower grades, offers at the present time one of the most fertile fields for project work, because it is a new departure in education and is therefore more free from formal and traditional pedagogy than other subjects.

The author wishes to acknowledge his indebtedness to Miss Mabel C. Bragg, Assistant Superintendent of Schools, Newton, Massachusetts; Miss Maud Brown, formerly Supervisor of Hygiene in the public schools of Kansas City, Missouri; and Miss Bertha Swope, Director of Physical Education, East Cleveland, Ohio, and also his wife, who read the manuscript and gave valuable criticism.

J. MACE ADDRESS

CONTENTS

I. WHERE THE STORY BEGINS	1
II. DROWSY TOWN BEGINS TO WAKE UP.	8
III. THE END OF THE FIRST MONTH	11
IV. THE REASON WHY	15
V. ROSE PLUMPKINS'S UNCLE HELPS	20
VI. TRAINING IN HEALTH	27
VII. DROWSY TOWN SCHOOL CLEANS UP	36
VIII. A NEW HALLOWEEN.	44
IX. THE STORY THE SCALES TOLD	50
X. WATCHING THE THERMOMETER	61
XI. ANOTHER WEIGHING DAY	68
XII. MILK MAKES CHILDREN GROW.	79
XIII. JOHN SPECKLED-TOOTH'S LOSS.	89
XIV. GOOD QUESTIONS ABOUT THE TEETH ANSWERED	95
XV. A WINNING MONTH	108
XVI. AN APPLE DAY	116
XVII. PLAYING THE GAME SAFELY	122
XVIII. EATING MORE VEGETABLES	130
XIX. THE ABSENCE OF JAMES STUBBS	139
XX. TRAINING FOR BASEBALL	145
XXI. PLAYING RESTAURANT	156
XXII. WHICH MARKET?	167
XXIII. DROWSY TOWN SCHOOL CHANGES ITS NAME	173
XXIV. THE BOOK OF HEALTH DEEDS	184
XXV. THE BASEBALL GAME	191
XXVI. A DISTINGUISHED VISITOR	199
XXVII. MR. SMART COMES BACK	207
APPENDIX	215



"I AM GLAD SO MANY OF YOU WALK TO SCHOOL IN THE CRISP
DAYS OF WINTER"



THE BOYS AND GIRLS OF WAKE-UP TOWN

I

WHERE THE STORY BEGINS

Did you ever hear of Drowsy Town? It was a little village nestling among the hills. It had a grocery store kept by Silas Nod. There the good people of the town went to buy their sugar, cheese, and coffee, to get their mail, and to chat with Mr. Nod, who always took plenty of time to wait on his customers.

On the banks of the little stream that glided down from the hills was a little mill, with its wheel slowly turning round grinding, grinding

flour. Near the store and the mill were the houses where the people of the town lived.

Nobody seemed to be in a hurry in that town. Even the children as they came home from school dragged one foot after the other. There was much to do, but nobody seemed to know it. Newspapers, ashes, banana peels, and tin cans were piled up in the street. Flies were crawling and buzzing everywhere. There were no screens on the doors and windows, and the houses looked as though they had never been painted.

There was one man who didn't seem to be quite so drowsy as the others. He was the blacksmith, Jimmy Pound-Away. He had to be fairly quick in order to hit the iron before it got cold, but sometimes he forgot when it did get cold and went on pounding, pounding, pounding.

If you had walked down the streets of Drowsy Town you might have felt sleepy, too. There was Mr. Nod bending over his paper, the flies buzzing, buzzing, and the smith pounding, pounding, pounding. The people of Drowsy Town moved a little, but not much faster than the cabbages that grew in their own gardens.

One of the strange things about the town was this: the people didn't know that they were half asleep, and they would not believe it even when somebody told them. They were too drowsy.



One summer's day a big man in an automobile stopped in front of the grocery store, tooted his horn, and shouted: "Wake up! Wake up! Do you know what day this is?"

Nobody answered. The man kept on shouting and tooting his horn. What a sleepy town!

At last Mr. Nod dragged himself to the door and slowly put on his spectacles. Jimmy Pound-Away wandered out of his shop with a hammer

in his hand. Men, women, and children began to gather around the stranger, Mr. Smart.

Nobody said much until Nathan Grouch appeared and snarled: "It's May first, of course."

How the big man laughed. "Ho, ho, it's the Fourth of July. Wake up! Wake up!"

They did wake up a little, became very angry, and said it wasn't so. I am afraid the people of Drowsy Town were not very polite. They frightened Mr. Smart away. Then the little town drowsed along as before.

Down the winding path across the bridge and past the mill was the Drowsy Town schoolhouse. And what a school it was! The yard was covered with rubbish, some windowpanes had fallen out, and the windows were shut down tightly except in hot weather. If you could have peeked through the keyhole, you would have seen pale, tired-looking children.

One day, so the children say, Peter Why-Listen fell fast asleep and began to slide off his seat. He never woke up until his head struck the floor. This startled the teacher. Perhaps she had been a bit drowsy, too.

Mary Ann



The teacher's name was Miss Content. Before this story began she had always been satisfied with her school.

The children had also been quite content.

But one day something happened to the Drowsy Town School and the sleepy village. They found out that they were really sleepy. Then they began to wake up. They found some new names. They called their town Wake-Up Town and their school the Wide-Awake School.

What happened? Would you like to know? Then read the next chapter and the next, and so on.

Can you answer these questions and do these things?

1. Have you ever seen a town as sleepy as Drowsy Town? Tell the class something about what you saw there.

2. Take a walk around your neighborhood and town. Do you find anything that seems to be the least bit sleepy? Is there anything that you can do about it?

3. Is there anything in your neighborhood or school of which you are proud? Tell about it.

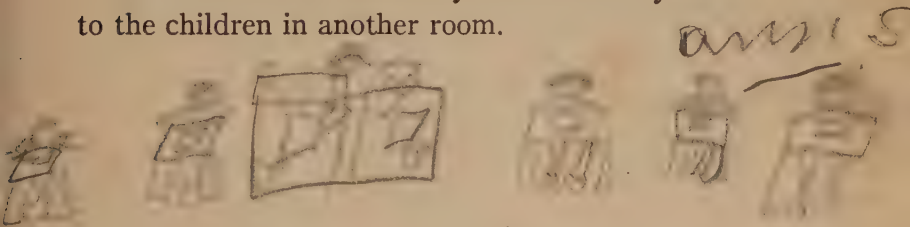
4. How do you think the homes of the people of Drowsy Town looked both inside and outside? If you were to

visit the bedrooms of some of the children of the Drowsy Town School, how many windows would you find open?

5. Write a paragraph telling more about Silas Nod, Jimmy Pound-Away, and others mentioned in this chapter. Can you name and describe any other people who might have lived in Drowsy Town?

6. Draw some pictures of Drowsy Town and some of the people who lived there.

7. Learn to tell this story so well that you can tell it to the children in another room.



Mary Ann

to

M.

B



II

DROWSY TOWN BEGINS TO WAKE UP

This is the way the town began to wake up.

Over beyond the hills in another town there was another schoolhouse called the Cherry Hill School. For many years this school had played baseball with the Drowsy Town School. Not once had the sleepy children won a game. The year before this story opened the Drowsy Town School had failed to get even one score.

On the first day of September the children of the winning school sent a letter to the Drowsy Town School which said:

To the Boys and Girls of Drowsy Town School:

We are a little tired of playing baseball with you every year because it's so easy to beat you. Let's have a new battle. We think that without half trying we can have fewer absences from school than you can.

Suppose we have a contest. We might begin today. Let us try it for seven months. The school that wins four out of the seven months will win for the year.

Since we have such a long vacation in February and you have one in March we might leave out the record for those months. Our contest would then come to an end June 1.

Will you dare to even try to beat us?

Yours for some fun,
The Boys and Girls of Cherry Hill School

"It's a saucy note," said Johnnie Sniffles.

"Let's try to beat them," cried Billy Squintum and Charlie Slouch.

"Let's write and tell them that they can't beat us," said Sally Stoops.

All the children clapped their hands. They began to forget that they were sleepy.

The children and the teacher talked it all over. They finally decided to have Mary Write-Well compose a letter to send to the other school.

This is what it said:

To the Boys and Girls of Cherry Hill School:

We know that you have beaten our school more times than we can remember, but we are beginning to wake up. We shall be glad to play baseball with you again in June, and we expect to give you a good whipping. We shall also beat you in having the smallest number of absences. We shall begin to keep our record today and shall send you our report at the end of each month. May we have yours at that time also?

Yours to win,
The Boys and Girls of Drowsy Town School

Can you answer these questions and do these things?

1. Write the kind of letter you think the boys and girls of Cherry Hill School might have written back to the Drowsy Town School.

2. Do you play baseball? Is it a good game for health? Why?

3. Why do you think the children of the Cherry Hill School won all the games?



III

THE END OF THE FIRST MONTH

The next morning Herbert Think-Well was at school almost as early as the teacher. He hung up his hat, put his books on his desk, and walked up to the teacher with these questions: "How can we beat the children of Cherry Hill School? Don't you think our school ought to talk it all over and decide what to do?"

"Yes," said Miss Content, "that would be a good plan."

That very morning, as soon as prayers were said, the children did talk it over. They decided to call themselves the "Wide-Awake Club." Herbert Think-Well was made president, Mary Write-Well secretary, and Billy True treasurer.

It was an unusual morning for the Drowsy Town School. Every pupil was present. There were forty children in all. It had been a long time since there was such a good attendance.

Herbert Think-Well, as president, stood before a table in the front of the room. Every child who spoke addressed him as Mr. President.

Sally Stoops stood up and said, "Mr. President."

"Miss Stoops," said the president.

"I know," Sally said, "that we stay out of school for very foolish reasons. If we try to be present every day, we can beat the Cherry Hill School. Let us tell our fathers and mothers what we are trying to do and ask them to help us."

The children wanted to try hard, and they did all through the first month, but this is the way the record stood:

ABSENCES FOR SEPTEMBER

Cherry Hill School	80
Drowsy Town School	100

The boys and girls of the Drowsy Town School had expected to win because they tried so hard. Do you wonder that they felt disappointed?



Can you answer these questions and do these things?

1. Were you absent during the last month or the last term? Try to remember just why you were absent each time. How many times was absence absolutely necessary? unnecessary? How can you make your record better for next month?

2. Would you like to have a Wide-Awake Club in your room? Choose your officers. Write out a list of things you think such a club might do.

3. What are the disadvantages of being absent from school?



IV

THE REASON WHY

"It's too bad," said Herbert Think-Well, as he glanced into the faces of his schoolmates, "that the Cherry Hill School beat us the very first month. We thought we did our best."

"Yes, it is too bad," said Peter Stout, "and I do not see how they did it. Do you? I do not believe they tried any harder than we did."

"Mr. President, may I ask a question?"

"Yes, Nellie Thoughtful."

"If we tried just as hard as the Cherry Hill School we ought not to have been beaten so badly. Perhaps there is another reason why we did not

win. Wouldn't it be a good plan to find out just why each one was absent last month?"

"Excellent," said Herbert Think-Well. "Let us begin now. Charlie Slouch, you were absent more than anybody else last month. What was the matter?"

"I got my feet very wet. I did not take time to change my stockings and shoes, so I caught a bad cold. The doctor came, and he made me stay in bed for a week."

"And why did you stay out, Billy Sniffles?"

"Oh, I had a cold, too."

"Why were you absent, Mary Careless?"

"I was working in my flower garden one day. I left my garden rake in the garden path when I was through using it and forgot all about it. A few days later I was walking through the garden and I stepped on the rake. The sharp pieces of iron were pointing upward. One of them went right through my shoe and into my foot. It hurt so badly that I had to go to the hospital. I missed about two weeks of school. It was all my fault. If I had been more careful, I might have been in school every day."

It would take a long time to tell the whole story, but after each child had been questioned it was found that most of the absences were caused by colds. Some of the children had had measles, others, whooping cough, headache, and toothache.

"It is easy to see," said Herbert Think-Well, "that we did not do better last month because we were ill. What can we do to keep us all so well that we can be in school every day? We need to think more about our health."

"Please, Mr. President, may I say a word?" asked Peter Stout. "When I carried this month's record over to Cherry Hill School I noticed that they had several windows open in the schoolroom. The air was cool and fresh. I have heard that fresh air is good for health. Perhaps Cherry Hill School had the better record because the children are doing more to make themselves healthy."

"May I say a word?" asked the teacher. "I visited Cherry Hill School once. I think the school is doing more than we are to be healthy, but it is not doing nearly as much as it might do. I feel certain we can beat them if we try very hard to be healthy."

Herbert Think-Well's eyes snapped. "The battle is not over yet," said he. "We have just begun to play the game. We have learned something. We have found out why we lost in the month of September. Perhaps if we had taken better care of our health in the past we might have done better in playing baseball."

"Next time," said Peter Stout, "let us talk about being healthy."

"Since health is so important," said the president, "I think we should change the name of our club and call it the Wide-Awake Health Club."



*Wide-Awake
Boys and Girls say*



Health counts in our school.
We need to learn to be
healthy just as much as we
need to learn to write or spell.

Health makes work at school easier and happier.

Herbert Think-Well seemed to be very happy. He faced his schoolmates with a bright smile and said: "This is the day we begin to learn to be healthy. First we shall hear from Rose Plumpkins."

"Yesterday," said Rose, "we found that the reason why the Cherry Hill School beat us was because we did almost nothing to be healthy. I at once thought of my uncle, Dr. Strong, who is visiting us. He is helping Uncle Sam to make and keep the soldiers healthy. I thought he might help us."

All eyes turned to Dr. Strong, who arose and bowed. "Boys and girls," he said with a smile, "I am sure you can beat the Cherry Hill School by improving and taking care of your health. When Uncle Sam called on the boys of America to fight his battles, he took only those who were strong and healthy. A man who isn't in good health isn't fit to fight, neither is he able to play baseball as he should. Often he is absent from the ranks, just as some of you were absent from school last month when you were greatly needed. I am called Dr. Strong, but I am not a doctor of medicine. I am a doctor of health. You have the

doctor of medicine when you are sick. He tries to cure your illness. He is a good friend. We all need him sometimes. It is my business to teach people what to do so that they will not get sick, but grow stronger and healthier."

"Pardon me, uncle," said Rose, "that is just what we want to know. If being healthy will help us to beat that saucy Cherry Hill School, we will do anything you say."

Dr. Strong smiled. He seemed pleased, and went on: "A boy or a girl is something like a kernel of corn. The corn will grow if it has certain things it needs. Many of you have gardens at home. Who can tell me what a kernel of corn needs to make it grow?"

"Please, sir," said Nellie Thoughtful, "a kernel of corn will grow into a strong plant if it has water to drink, sunshine, and good food in the soil. Then, too, the gardener needs to stir the soil so that the roots will have room."

"You are right, Nellie. There are certain things boys and girls need to make them grow. I wonder whether children can grow healthy in a schoolroom as hot and close as this," and Dr. Strong wiped his

face with his handkerchief. "Do you spend your recesses playing out of doors? Do you sleep with your windows open? How often do you clean your teeth? When did you see a dentist last? How many hours do you sleep? Do you keep your hands and finger nails clean? Do you drink plenty of water?"

Paul Grimyjoie and several others looked at their hands and then quickly put them under their desks.



"Then, children, what do you eat for breakfast, dinner, and supper. Do you drink plenty of fresh milk? Do you eat cooked cereals, fruits, and vegetables?"

Just then Dr. Strong looked out of the window and saw the disorderly schoolyard. He paused. "What do you do with your garbage? Do you allow flies to buzz around your food and crawl over it? These are some of the questions, boys and girls, that you must answer right before you can expect to improve in health. I shall visit Rose every week-end. I hope to see some of you every

Saturday to talk about being healthy. Call on me when I can help. I shall try to visit you again on Monday. What you need is daily training in health habits. Miss Content will give you splendid help in that."

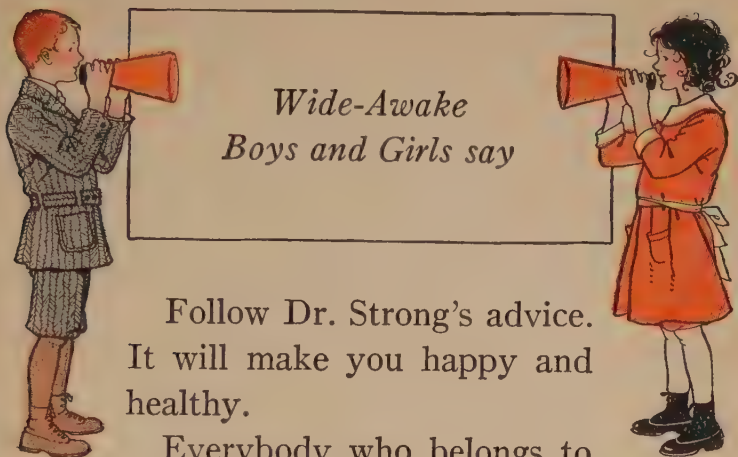
After shaking hands with Miss Content Dr. Strong said, "Good luck to you, children." Then he bowed and turned toward the door.

"Good-by, Dr. Strong. Come again," they cried in chorus.

The children watched him until he was out of sight.

Then the teacher turned to the school. Her eyes sparkled. "Children," she said, "it seems to me that it will not be very hard to have fewer absences every month. We never really tried before to be healthier. If we had I know we should have succeeded. Next month we must have a better record. My name is Content, but I am going to call myself Discontent until we are healthy enough to win."

"Until that time," remarked Oliver Straight, "we ought to think of this school as the Discontented School."



Everybody who belongs to our club can repeat these sentences from memory:

I belong to the Wide-Awake Health Club. I try to attend all its meetings and to obey all its rules.

I believe it is my first duty to keep my mind pure and my body strong and healthy.

I believe in service. I shall try to be helpful to my teachers and parents and schoolmates.

I believe in being cheerful, especially at my meals.

I believe in nourishing food, play, fresh air, rest, and long hours of sleep with my windows open.

I believe in cleanliness of mind—in thinking clean thoughts, carrying no grudges, and in doing good.

I believe in cleanliness of body. I will try to come to school with clean hands, nails, and teeth. I will try to take a full bath at least once a week.

I believe in practicing all the laws of healthy living.

I will try so to live as to be an honor to this club, to my school, to my parents, to my country, and to my God.

Can you answer these questions and do these things?

1. Write one of the above sentences on the blackboard every day. Learn to repeat each sentence without looking on.

2. Are there other sentences you would like to write on the blackboard? What are they? Tell the class about them.

3. Think about everything that is written on the blackboard every day. To do what it says is to be a wide-awake boy or girl.

4. What questions did Dr. Strong ask the children of the Drowsy Town School? Can *you* give the right answer to every question?



VI

TRAINING IN HEALTH

"Boys and girls," said Herbert Think-Well, "our meeting with Dr. Strong has helped us to realize that there are many things we ought to be doing for our own health. He believes that every boy and girl should be trained to be healthy. Miss Content is going to talk with us about it this morning."

The Wide-Awake Health Club looked very eager as Miss Content arose to speak.

"Boys and girls of the Wide-Awake Health Club, we all know now what we need to do to be healthy. We often think that learning in school means simply repeating the words we read in

books. That is not the kind of learning I am thinking about this morning. Is there anybody here who thinks that just learning words from a book will help us to have fewer absences this month or to beat the Cherry Hill School in June? What do you think about it, Peter Stout?"

"I have noticed," said Peter, "that some boys know all the rules for playing baseball. They understand the game, but they can't play at all. To know rules is not enough. I think we must really act them out in order to play a good game."

"You are right," said Miss Content. "Many of us here know several things we ought to do to be healthy, but we do not do them every day. Why don't we?"

"Perhaps it's because we forget," said Billy True. "I really want to have clean hands when I go to the table, but often I forget all about it until I sit down. Then I am so hungry that I just go on eating."

"There are some things we seem to remember without trying," said Sally Stoops. "I always hang my hat up on a hook in the hall at home. One day mother moved the hook. I knew all

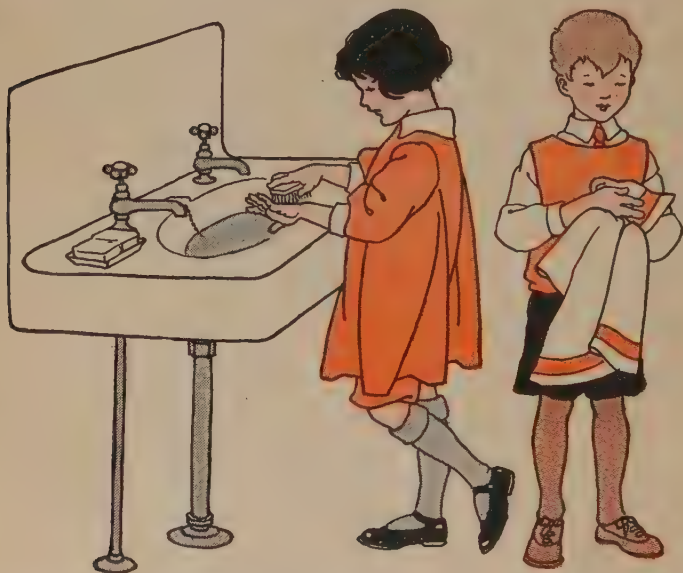
about this, because mother told me, but that same day when I went home from school I put my hat up where it had always hung. I was surprised to have it fall on the floor. It was very funny. I had a good laugh over it, and so did my brothers and sisters. It was over two weeks before I learned the new place for my hat. Before mother changed the hook I never had to try to remember. I have been putting my hat in the new place so long now that it isn't necessary to try to remember any more. I just do it. It's hard to remember to do all the things that make us healthy. We must learn to do them so easily and do them so long that finally we do not need to think about them."

"I think Sally is talking about habits," said Mary Write-Well. "If we had the habits of cleaning our teeth, washing our hands before eating, going to bed early, and so on, we shouldn't have to stop to think about the things we need to do to be healthy. We should do them just as easily as Sally hangs up her hat back of the door."

"I am glad to hear what has been said," remarked Miss Content. "I intended to tell you that we must form health habits, but you said it

before I could. The question now is, What can we do to get these health habits?"

"What we must do to form a habit is to do a thing over and over," said Oliver Straight. "I



formed the habit of cleaning my teeth before going to bed at night. I kept doing it night after night until finally I had to. One night I forgot to clean my teeth. I thought about it when I got in bed. At first I said to myself that I was too tired to get up, but I couldn't go to sleep until I had cleaned my teeth."

"That's the way with habits when they are well learned," said Miss Content. "One morning I mislaid my toothbrush. I couldn't clean my teeth that morning, and my mouth felt very disagreeable all day."

"Wouldn't it be fine," cried Herbert Think-Well, "if we could get health habits so well formed that we should feel uncomfortable if we didn't do them? Then we should be well trained."

"I have noticed," said Rose Plumpkins, "how necessary it is not to miss once in forming a habit. Mother calls me every morning at half-past six. One morning when she called me I was so sleepy I thought I would just take a little nap for five minutes. The next morning I wanted to do the same thing. Finally I did not even hear mother's voice. To form health habits, we need to remember."

"It seems to me," said Herbert Think-Well, "that the great difficulty in starting these habits is to have some plan for remembering them. I know Miss Content can tell us what habits we ought to form and the best way to remember them."

While Herbert was talking Miss Content had been unrolling a sheet of paper which she now held

up before the club. The Health Record on the opposite page is what the children saw.

"I wish every child would copy this on a piece of paper. Perhaps we can get it printed some day so that you won't have to write it all out. This is a health program for children all through the day. Notice that you are to get one point for every good thing you do. If you will make out this record every morning for the day before, you will know how well you are forming health habits. Keeping this record will help you to remember. Finally, if you do all these things for many weeks and months, your habits will be so well learned that you will certainly improve in health. I should like to tell you how important all these habits are, but we haven't time this morning," she ended, glancing at the clock.

"Boys and girls," said Herbert Think-Well at the close of the meeting, "Miss Content has told us just what health habits are most important, and here is a way to learn them. Let us start in tomorrow to keep our records. I am going to try to have twenty points. Earning these points means learning to be healthy and beating the Cherry Hill

MY HEALTH RECORD ¹

Name _____ School _____

Grade _____ Teacher _____

Directions: (1) Count one for every point of the Daily Health Program you have kept each day. (2) Pupils who are up to average weight who are gaining properly may have credit for milk and rest at school, without taking them. (3) Add one point for four glasses of water drunk between meals. (4) Count one off for each of these health faults: (a) Putting pencils in the mouth or anything except for eating, drinking, or cleaning teeth. (b) Sneezing or coughing without using handkerchief. (c) Going a whole day without going to toilet. (d) Eating candy or pickles between meals. (e) Drinking stimulating drinks such as tea, coffee, or coca-cola.

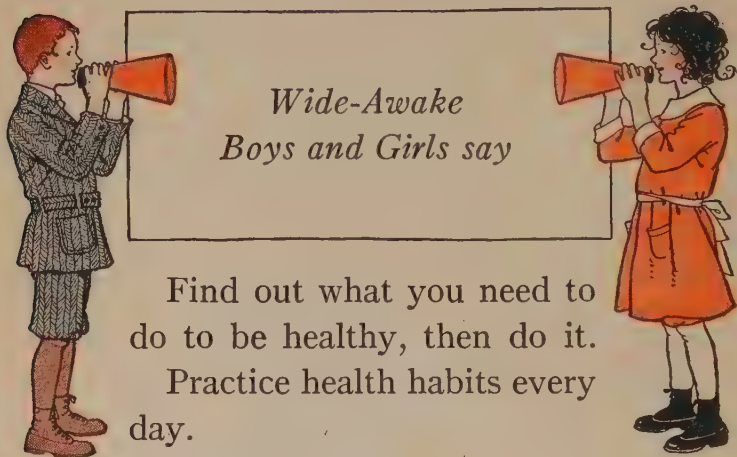
Month

[illegible]

¹ Prepared for the Elizabeth McCormick Memorial Fund, 848 N. Dearborn Street, Chicago, by Miss Maud Brown. Used by permission.

School. Let us train ourselves in health habits every day."

As you read more of this story you will learn some of the things that wide-awake boys and girls can do when they make up their minds to do them.



Find out what you need to do to be healthy, then do it.
Practice health habits every day.

When you begin to form a habit, you need to think about it to succeed.

When health habits are formed you do not need to think about them.

When you start to form a health habit do not miss a chance to practice.

Keep your health record every day.

Make your habits your friends.

Can you answer these questions and do these things?

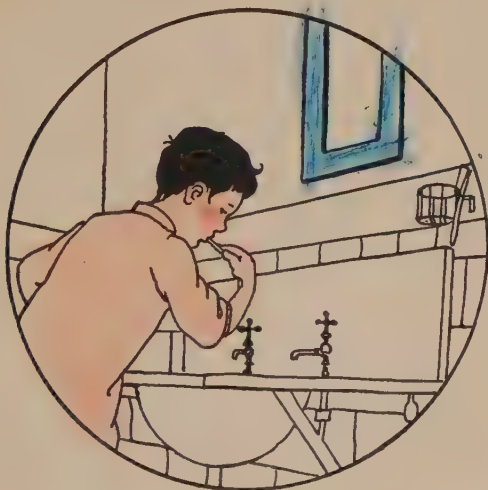
1. How many of the habits in the health record do you practice every day?

2. How many of them did you practice before you kept the record?

3. Are you keeping the health record every day? Are you gaining or losing?

4. Are there other habits besides health habits? Name some.

5. Do you remember how you formed some health habits? Tell the class about it.





VII

DROWSY TOWN SCHOOL CLEANS UP

All the people who passed by the Drowsy Town School one afternoon saw a sight which filled them with wonder.

The teacher and every boy and girl in the school were out of doors working as hard as they could. Some were piling up rubbish and burning it, while others seemed to be busy with rakes, hoes, and shovels. Everybody was so happy that they all sang at their work.

Richard Why, who lived across the street, was so excited that he did not stop to find his cane. He hobbled over as fast as he could to see what was going on. "Why? why? why are you doing this?" he shouted.

The children's answer was a song:

"Hurray! Hurray! Hurray!

This is clean-up day.

That's why we feel so gay."

Mr. Why looked on for a while. Then he crossed the street, shaking his head as if he didn't understand. He had never seen anything like this. Such a day had never been heard of before in the valley.

What a clean-up day it was!

The yard was raked and raked until every bit of paper, every tiny piece of wood, and every leaf was on the blazing pile.

The children found several holes in the yard which held water. These were all carefully filled in with sand, because, as Johnny Sniffles said, "The children would wet their feet in them, and mosquitoes might live there."

There was much talk about the garbage.

Rose Plumpkins declared they ought to have a metal can with a tight cover so that dogs and flies could not get at the garbage. She said her mother had bought a large can for their house and would be glad to give the school their smaller one.

The children voted to accept the can and to send a note of thanks to Mrs. Plumpkins.

How clean the yard looked when they were ready to go home!

"Now we must keep it so," they said. "Isn't it too bad we didn't clean it early in the fall?"

"Yes," remarked Frances Lily, "but how clean it is now. Wouldn't it be nice to make it beautiful? In the spring we might plant some flowers and trees."

At the next meeting of the Wide-Awake Health Club the boys and girls decided that they must also do something to keep themselves and the inside of the schoolhouse clean and tidy.

These are some of the things they finally thought every child ought to be expected to do to make the school clean and neat:

1. Clean your shoes before going into the schoolhouse.
2. Hang your clothes up on your own hook.
3. Throw your waste paper into the waste-paper basket.
4. If you see paper or dirt on the floor, even if you did not put it there, clean it up.



5. Come to school every morning with clean hands and faces. Do not forget to take care of your finger nails.

6. When you wash your face remember you have a neck and ears.

7. Carry clean handkerchiefs.

8. Keep your pencils and fingers out of your mouth.

9. Do all you can to keep the toilets clean. This is very important.

10. Help to keep the schoolhouse and grounds clean and beautiful.

11. Do everything *you* can think of to make this school the cleanest one in the county.

Another thing the children planned to have was a board of health. They chose three children to serve every week. During the week they served they were given the title "doctor." Every day this committee was to inspect the children and the house and grounds and tell what they found. The first thing in the morning they were to inspect hands and faces and handkerchiefs. Then they wrote their report on the blackboard, but no names were to be mentioned.

The first week that the Board of Health inspected the children the report on the blackboard about clean hands looked like this:

						PUPILS WITH CLEAN HANDS	PUPILS WITH DIRTY HANDS
Monday	.	.	.	.	.	10	30
Tuesday	.	.	.	.	.	20	20
Wednesday	.	.	.	.	.	25	15
Thursday	.	.	.	.	.	30	10
Friday	.	.	.	.	.	38	2

You can see how fast they were learning to be clean.

After the boys and girls had begun to make their school the cleanest school in the county they began to tell what they were doing at home to clean up their own yards.

The whole of Drowsy Town had started to clean up!



*Wide-Awake
Boys and Girls say*



Let us make our school clean
and beautiful.

Clean children make a clean
school.

Wide-awake boys and girls
come to school every morning with clean hands and
faces, with hair combed, and with shoes blacked.

Cleanliness helps to make one healthy.

We try to keep our homes clean.

*Can you answer these questions and do these
things?*

1. Does your school yard need a clean-up day?
Choose two or three pupils from this class to look over
the grounds and tell what ought to be done. Plan a
clean-up day so that you can feel proud of your yard.

2. Do you feel proud of your schoolroom? Is it
clean? Is it beautiful? Do you have a drinking-fountain
in your school? Do you have a drinking-cup for your-

self? Do you have a hook where you can hang your wraps every day? Do you like the pictures in your room? Is there anything at home that you could bring to make your room more beautiful?

3. Are you proud of the children in your room? Are they neat and clean? Are they polite?

4. What can you do to make your school yard more beautiful?

5. Which of the rules of the Wide-Awake Health Club (see page 38) do you need to practice most? Which does your school need to practice most?

6. Do you have a board of health in your room? What is its report today?

7. Write some more verses to the song the children sang to Mr. Why on clean-up day.

8. Make some health posters on cleanliness.

9. Can you add anything to the story told in this chapter?

10. Does it pay to keep animals and poultry clean? Do you have any pets? Tell the class what you do to keep them healthy.



VIII

A NEW HALLOWEEN

The spirit of Halloween was in the air. But it was quite different from anything they had ever had before in Drowsy Town. It was the spirit of a new Halloween.

The children were still doing some of the same things they had done before. They were drawing pictures and making cut-outs of witches seated on long brooms soaring over the tree tops. They were also making masks and caps and talking about wrapping themselves up in white sheets on Halloween night.

The new spirit of Halloween began over at

Eliot Strong's. Eliot had saved the biggest yellow pumpkin from his father's cornfield. He said it was the biggest pumpkin in the county. A short time before Halloween he invited several of his boy and girl friends over to make a jack-o'-lantern out of this pumpkin. First they cut out some big round eyes, then a nose, and finally a large mouth with long, sharp teeth.

"It's so big we ought to have more than one candle inside," said one of the boys.

"Let us put it on the tall gatepost, where it will scare the people on their way down to the grocery store."

"We need to be very careful about a fire," said Lillian Rich. "Do you remember how the boys dropped their jack-o'-lantern last year on a pile of leaves in Mr. Smith's yard? The leaves caught on fire and burned up part of the hedge. For a time it looked as if the house might burn up. The fire department came just in time."

"There are some things that happen on Halloween that are not so funny, especially if you are the one to get hurt," said Rose O'Connor. "One Halloween night I was hit in the eye with

a pea from a pea-shooter. My eye pained me terribly. There was no more fun for me that night. I had to stay out of school for more than a week. The doctor was afraid I might never see out of that eye again. Shouldn't we put a stop to such things on Halloween night and every other night?"

"We can't have anything like that happen again in this town," chimed in several of the children. "It's dangerous; and, besides, such a thing might put us way behind the Cherry Hill School."

"Let us talk about a new kind of Halloween at the Wide-Awake Health Club," said Rose O'Connor.

At the very next meeting of the club Rose said: "Mr. President, Halloween is almost here. Don't you think that we ought to make plans for it different from any that we've ever made before? Every year since I can remember, somebody in this school has been hurt on Halloween night. Much damage has also been done to the houses and property in the village. I think we ought to make and keep our town as beautiful as we can. And certainly we cannot afford to take any chances of having

absences from school because of somebody's being hurt."

"That's an excellent thought," said Herbert Think-Well. "We have heard a good deal lately about a 'safe and sane Fourth of July.' It seems to me we ought to begin to talk now about a 'safe and sane Halloween.' We need a Halloween with plenty of good fun, but a kind of fun that does no harm to anybody or anything. I believe we need a committee to think it all over and suggest what we can do."

The very next morning the committee of three boys and three girls made this report:

1. Have all the real fun you can on Halloween.
2. Good fun makes everybody happy.
3. A good citizen never injures anybody's property.
4. Try to make somebody else happy on Halloween. Invite in some of your friends to play games. Treat them to some of your red apples. If you have an extra pumpkin for a jack-o'-lantern, give it to somebody who has none.
5. Think of the safety of other people's eyes. A good citizen does not use a sling shot or pea-shooter on Halloween night. At other times he does not use them to shoot at people. Neither does he throw sticks nor stones nor carry pointed sticks.

6. Be careful of matches and fires. If you wish a bonfire, find out from the fire department where you may have it. Set no bonfires near buildings. If you find a dangerous fire, put it out or call somebody who can.

7. If you ever have a burn, cover it with a paste made out of baking-soda mixed with water or with some vaseline or carron oil. This keeps out the air and stops the pain.

8. If your clothes ever catch fire, wrap yourself in a rug or coat and roll on the floor or ground as fast as you can.

This was all the committee wrote, but you may know some other things that will make your Halloween a very happy one for yourself and others.



*Wide-Awake
Boys and Girls say*



Make Halloween happy!
Make Halloween safe for
people and property.

Never play with matches or
fire at any time. Always see that a match is out
before you throw it away.

Do not put any object where somebody is likely to stumble and fall over it.

Be careful in handling lamps and candles.

Look out for the safety of your eyes and other people's eyes.

Do not invite to your party any children who trip or push others and cause them to fall.

Exercises

1. Write a composition telling what you are going to do to have a good time on the next Halloween.

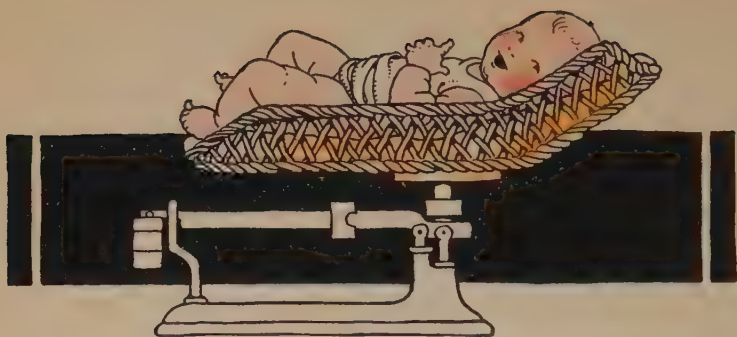
2. Tell about the fun you had on the last Halloween.

3. How can one be careful about matches and lamps?

4. At what time on Halloween night do you think children in your grade ought to be in bed?

5. What is a safe and sane way to celebrate the Fourth of July?

6. Can you think of anything else Wide-Awake Boys and Girls say about Halloween?



IX

THE STORY THE SCALES TOLD

On a beautiful day in November Dr. Strong visited the Drowsy Town School again.

He strolled in while the children were singing their morning song. Nellie Thoughtful offered him a chair.

The Wide-Awake Health Club opened its meeting with Herbert Think-Well in charge.

"Boys and girls," Herbert Think-Well began, "let us write our health record for yesterday."

Every pupil in the room was soon seen with a pencil making marks on a sheet of white paper.

"Dr. Strong," explained Herbert Think-Well, "we are trying to train ourselves in health habits

every day. Miss Content has found a way to help us remember." Herbert walked over to Dr. Strong to show him his own record. "You see," he said, pointing to the record sheet, "we can tell every day whether we are training ourselves in health or not."

Dr. Strong ran his eyes down the sheet and smiled. "This is splendid. You will certainly learn to be healthy if you do most of this every day."



Herbert pointed to the blackboard. "You see we reduced our number of absences last month."

Dr. Strong read:

ABSENCES FOR OCTOBER

Cherry Hill School	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	75
Drowsy Town School	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	85

"Fine, fine," he cried. "Perhaps next month you will be ahead."

"That's what we are working for," said Herbert Think-Well. "Is there anything you would like to say to the Wide-Awake Health Club?" he asked.

"I wonder whether any of you boys and girls have baby brothers or sisters at home."

Several hands went up.

"How old is the baby at your house, Nellie Thoughtful?"

"He is six months old, sir."

"Can you tell us how your mother knows whether the baby is healthy and doing well?"

She thought a moment. There was a wrinkle on her forehead.

The doctor smiled.

Nellie's face brightened suddenly. "I think I know," she said. "She weighs him every week. If he doesn't gain, she looks dreadfully sorry and says something must be wrong. Often she says he is not getting the right kind of food."

"What you say shows that your mother is taking very good care of the baby."—"Now, children," said Dr. Strong, "it is just as important for you to gain as it is for a baby. Have you been weighed and measured yet?"

"No," replied Herbert Think-Well. "Miss Content said you would tell us all about it when you came."

"It is an easy matter," said Dr. Strong, "to find out just how tall you are and about how much you should weigh for your age and height."¹ He held up a card in his right hand. "This will tell you all about it. If you are under weight and do not gain as fast as you should, there must be a reason. Either you cannot breathe well, or you have bad teeth, or there is something else that you need to ask your doctor or teacher about. The trouble may be with the way you live. Perhaps you are not getting enough sleep or drinking enough milk. Training yourself in health habits as you are doing will help you to gain in weight."

Dr. Strong again held up the card so that everybody could see it. "This will tell you how much you ought to weigh for your age and height."

The children all listened eagerly.

Dr. Strong went on: "You all know Mr. Johnson who keeps the market on the corner. I told him what polite boys and girls you were, and

¹For weight, height, and age tables see Appendix.

asked him if it would be all right for you to go into his store in small groups and get weighed. He not only said it was all right but he offered to help you. If Miss Content is willing, some of you might go down at recess, others at noon, and still others after school."

Miss Content nodded her approval.

"We shall be glad to do it, Dr. Strong," said Herbert. "We shall go down to get weighed just as fast as we find out how tall we are."

"That's certainly being wide awake," said the doctor. "Let me help to get you started right."

He tacked two yardsticks up against the wall, one just above the other.

"Sometimes tapelines are used," said Dr. Strong, "but yardsticks are much better because there is no chance for them to stretch. Both weighing and measuring must be done with the greatest care if we are to know the truth. Now we shall see how it works. Who will be the first to be measured?"

Several pupils raised their hands.

Dr. Strong chose Rose Plumpkins.

"Remember," said Dr. Strong, "that it is necessary to take off your shoes each time you are

measured. A good time to be measured is at the beginning and the middle of the school year."

While Rose was taking off her shoes, the doctor took a square block of wood from his bag. The children wondered what it was for. "Please stand with your head, heels, and shoulders against the yardsticks."

Dr. Strong now placed the block of wood firmly against the upper end of the yardstick and brought it down until it touched Rose's head. Then he read the figures on the stick below the block. The children noticed how careful he was about everything.

"How old are you, Rose?"

"Eleven, sir."

Herbert handed her the little card.

"Look at that," said Dr. Strong, "and see how much you ought to weigh."

Rose ran her finger up and down the card. Finally she looked up. "This card says that a girl eleven years of age and 53 inches tall ought to weigh about 67 pounds."

"That's right," said Dr. Strong. "Do you know whether you are up to weight?"

"Yes; I was weighed yesterday. I am two pounds above the average weight for my height."

"Good. You do not drink coffee or tea, do you?"

"Oh, no, of course not."

"I know you get plenty of sleep because you go to bed early every night."

"Now," said the doctor, "it will be interesting to hear the story the scales will tell each of you. When you are weighed do not forget to take off your sweater or coat and shoes. Stand quietly in the middle of the scale platform until your weight is read. Read your table very carefully. A very slight error will often make a difference of two or three pounds. Remember that one way to keep from being sick and also to win in your contest with the Cherry Hill School is to get the habit of gaining in weight. If you form the habits you are now trying to learn, you will be on the road to success. Good-by."

What a busy day it was! The forty pupils formed six measuring companies with six pupils in each, with the exception of the last company. This had ten pupils. Each company had a captain.



"If you hurry up and get your arithmetic lessons, you may have the extra time for measuring," said Miss Content.

How fast the children's pencils raced across the pages! They were all anxious to find out how tall they were. During the noon and recess periods, as fast as one company returned from Mr. Johnson's store another was ready. When the children met at school the next morning at nine o'clock each captain had handed in his report to Herbert Think-Well.

It was not a record to be proud of. Half of the children were very much underweight.

James Slimkins looked disgusted. "I am fifteen pounds below the average weight for my height and age," he said. "That may be because I drink coffee and tea. I will drink milk this month, and see what happens." And he did.

From that day on there was a new purpose in that school. On the blackboard was written:

What are you doing to gain in weight?



*Wide-Awake
Boys and Girls say*



Healthy children grow.
Every child should gain in
weight nearly every month.
Health habits make chil-
dren grow.

Get weighed on the same scales every month
and at about the same hour of the day.

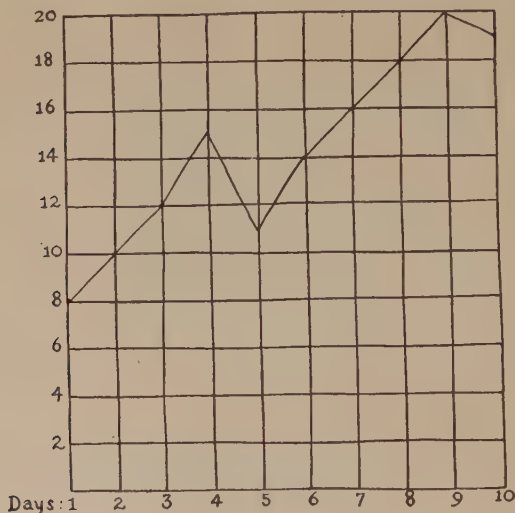
Try to have more points on your health record
this week than you had last.

*Can you answer these questions and do these
things?*

1. How old are you? What is your height? How much do you weigh? How much should you weigh?
2. If you are overweight or underweight do you know the reason why?
3. Can you guess what other bad habits James Slimkins had besides drinking coffee and tea? Tell all you can about him.

4. Why do you think Rose Plumpkins was so healthy?

5. Nellie Thoughtful kept her health record every day. The first ten days she had these points: 8, 10, 12, 15, 11, 14, 16, 20, 19. She made what she called a graph. Here it is. Keep your record in the same way:





X

WATCHING THE THERMOMETER

When Dr. Strong first visited the school he said something about a hot room not being healthy. The boys and girls of the Drowsy Town School did not forget what he told them.

One morning they were having a talk about the temperature of the room.

Peter Why-Listen was the first to speak. He said: "Dr. Strong told me that once the owners of a factory tried to find out whether a hot room or a cool room was the better to work in. They offered to pay the men for the amount of work they could do. The more a man could do the more money he earned. The men worked when the room was

hot and also when it was cool. It was found that they did much more work and earned more money when the room was cool. For a long time I have been wondering why our town has been called the Drowsy Town and our school the Drowsy Town School. I think I know one reason. Our school-rooms and our houses are too hot. Is it any wonder that we seem tired and drowsy? One way to keep this club awake is to have it cooler here. If we do not, we shall soon be called the Drowsy Club." Peter Why-Listen wiped his face with his handkerchief and turned to open a window.

Then Rose Plumpkins joined in: "My uncle, Dr. Strong, says that when a room gets too hot it's hard for us to breathe. The hot air also dries your nose and throat so that you feel very uncomfortable. If we live in hot rooms we are also more likely to catch cold."

"Wise men tell us also," said Miss Content, "that out-of-door air is best. It is more likely to be clean and cool. Closed-in air is often dusty. Out-of-door air is also moving. It acts something like a fan and so keeps us cool. We could live for a long time in a close room if it were kept cool,

but fresh air is always better because it makes us hungry so that we enjoy our food. As to colds, have you ever noticed that we begin to catch colds in the fall as soon as the windows are closed? We seldom have a cold in July."

"Isn't it the cold weather that makes us catch cold?" asked Mary Write-Well. "Isn't that the reason we have so many colds in winter?"

"I do not think so," said Harry Frost. "Men who go hunting in winter and live in tents or rough houses with big cracks in the walls do not usually have colds until they get back to their warm homes. The explorers who go way up North where the Eskimos live often suffer from cold weather, but they do not have colds."

"All that has been said," remarked Miss Content, "shows that living close together in overheated houses with the windows closed causes colds. I am glad that so many of you walk to school in the crisp days of winter. We need to spend much more time exercising in the open air."

"There is one thing we should not forget," said Harry Frost. "The only way to know whether it is too cool or too hot is to look at a thermometer."

Father let me bring this one to school to show you." Harry studied the thermometer he had brought. "This says it is now 75 degrees in this room.



Dr. Strong says that the temperature of a room ought to be between 65 and 70 degrees Fahrenheit. A good temperature is 68 degrees."

"Whew! I thought it was hot here," said Herbert Think-Well. "Let's have some more windows open."

"Yes," suggested Rose, "and lower each one a little at the top and raise it at the bottom. That will change the air quickly."

"Wouldn't it be a good plan for us to take off our sweaters, too?" asked Paul Grimyjoe.

"Yes," said Harry Frost. "Dr. Strong says sweaters should not be worn in the house unless the room is too cold for comfort. We should put on sweaters when we go outdoors into the cold."

"Well, boys and girls of the club," said the president, "you see that in order to feel wide awake and be healthy we need to keep cool. How are we to do it?"

"I think we ought to leave all our outside wraps on our hooks in the cloakroom before we come into the classroom," said Mary Tell. "Wouldn't it be nice to have a committee chosen every week to watch the thermometer and try to keep the room cool?"

The children voted to have a committee of three.

If you had visited the Drowsy Town School the next day you would have seen a thermometer hanging from a string in the middle of the room. When the children stood up it was just about on a level with their eyes so that it could be easily read. On the wall near the blackboard a sheet of paper was pinned. It looked like this:

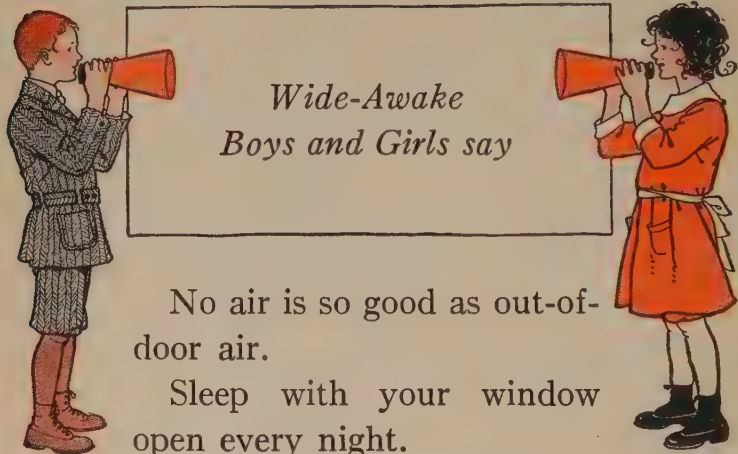
DECEMBER 10, RECORD OF TEMPERATURE

CHARLEY WATCH, *Chairman*

TIME	DEGREES
9.00 A.M.	67
9.30 A.M.	70
10.00 A.M.	69
10.30 A.M.	68
11.00 A.M.	68

The very day that the children began to watch the thermometer and sleep with their windows open the Drowsy Town School was less sleepy.

The children's eyes became brighter, their cheeks rosier, and their steps more lively.



*Wide-Awake
Boys and Girls say*

No air is so good as out-of-door air.

Sleep with your window open every night.

Play in the open air every day.

Watch the thermometer.

Keep the schoolroom cool (about 68 degrees).

Wear sweaters and coats only when you go out of doors unless the schoolroom is cold.

Fresh air helps you to enjoy your food.

Breathe fresh air and avoid overheated rooms and you will have fewer colds.

Can you answer these questions and do these things?

1. Do you feel like studying when the schoolroom is hot? What do you do at such times?

2. Do you know how to read a thermometer? If not, learn to do so. Take turns in your class reading the thermometer and making a record. If you find it is too hot, what will you do? Which is the better place for a thermometer—on a piazza or indoors? Why?

3. How long do you play in the open air every day?

4. Can you add anything to the "Wide-Awake Boys and Girls say"?

5. Make some health posters on fresh air.

6. Is there anybody in your neighborhood who keeps poultry or rabbits? Find out whether the poultry and rabbits need fresh air to be healthy.



XI

ANOTHER WEIGHING DAY

The Drowsy Town School grew more and more excited as the first day of the month came nearer and nearer. There were two reasons. On this day they had a report of the absences for the month from the Cherry Hill School and from their own. Would they beat the Cherry Hill School this month? They were anxious to know. Then, it was on the first day of the month that they were all to be weighed. Had they gained?

Sally Stoops had gone to bed a whole hour earlier each night. Paul Grimyjoie had stopped

drinking coffee and was drinking almost a quart of milk every day. Not a child in the school was drinking coffee or tea. Had they gained? They could hardly wait.

School began at nine o'clock, but twenty minutes before that every pupil was in the schoolhouse. They were getting ready for the weighing and also waiting for the messenger from the Cherry Hill School.

Oliver Straight seemed to be more anxious than anyone else. He looked eagerly up and down the road as if expecting somebody. Finally his face brightened. A carriage drawn by a white horse was coming. It stopped in front of the schoolhouse. Who should it be but Dr. Wise! There was a lady with him, dressed in a khaki uniform with a red cross on the sleeve. The horse was tied. The visitors were lifting something out of the back of the carriage. What was it? Some new scales. Oliver Straight and some of the big boys ran out to help, and soon it was safely inside.

"Isn't it a beauty?" said Oliver Straight.

Dr. Wise and the lady were shaking hands with Miss Content.

When the Wide-Awake Health Club began its session Herbert turned to the school and said, "Members of the club, this is Miss Brown of the Red Cross, who has something very nice to tell us."

"Boys and girls," said Miss Brown, "we have all heard of the big things you are beginning to do, and we want to help. At a meeting of the parents of this school last night I told your fathers and mothers that we would lend or perhaps give you these scales to help you to learn to be healthy. Some of the parents also said that they wished there was a nurse who would sometimes come into their homes and tell them just what they could do to help the children to be strong and healthy. I told them that if they wished I would come around to the school every few days to see you, and then sometimes I would call on them. They thought that would be fine; so here I am, ready to help you to be healthy."

Herbert turned to Miss Brown and bowed. "I know," he said, "that I speak for the entire club when I tell you how much we appreciate your coming. Thank you for the scales." He turned

to the school. "Will all those who wish to thank Miss Brown and the Red Cross please stand?"

Every boy and girl stood.

"Dr. Wise, our new school physician, has a word for us, too," said Herbert.

"Some of you children," said Dr. Wise, "have automobiles at home. What does your father do to his car before he starts on a long journey?"

Several hands went up.

"He looks it all over to see whether it is all right," said Billy True, "and if anything is wrong, it is fixed."

"Quite right. You know you boys and girls are starting on a long journey to beat the Cherry Hill School. You must be present every day, if possible. Some of you are also going to play a game of baseball in June against this same school. You must have your bodies so healthy and strong that you will play better ball than ever before, and win. Your fathers and mothers want their children, their school, and their town to do their best. They asked me last night at a town meeting to come around here today and look you all over to find out whether your bodily machinery is all right.

If anything is wrong so that you cannot do your best in this battle with the Cherry Hill School, I shall let your parents know and then do what I can to help you. I am going to work with Miss Content, Miss Brown, and all of you to do what I can to make you happy and well. I shall be back this afternoon at four o'clock. Good-by."

"I know you children are anxious to try the new scales," said Miss Brown, with a smile. "I would so like to help you. May I?"

"Yes, yes," they cried.

Paul Grimyjo was the first to step forward.

"How tall are you?" asked Miss Brown.

"I am 50 inches tall and should weigh about 58 pounds."

"How much did you weigh the last time?"

"Forty-eight pounds."

Paul stepped upon the scales. Miss Brown began to work with the weights. It was so quiet you could have heard a pin drop in the room.

"What do the scales tell you?" Miss Brown asked, turning to Paul.

He looked at the scales. "I weigh 50 pounds. I have gained two pounds this last month."



"Splendid, splendid," said Miss Brown. "How did you do it?"

Paul looked happy. "It was easy," he said. "I just stopped drinking coffee and drank a big glass of milk at each meal and also a bottleful at school."

Sally Stoops was next. Going to bed a whole hour earlier had made her gain a pound.

Charlie Slouch was one of the few who had not gained at all. He looked rather ashamed and hung his head.

"What's the matter, Charlie?" asked Miss Brown.

"I guess I voted the wrong way," he replied.

"I don't believe I understand."

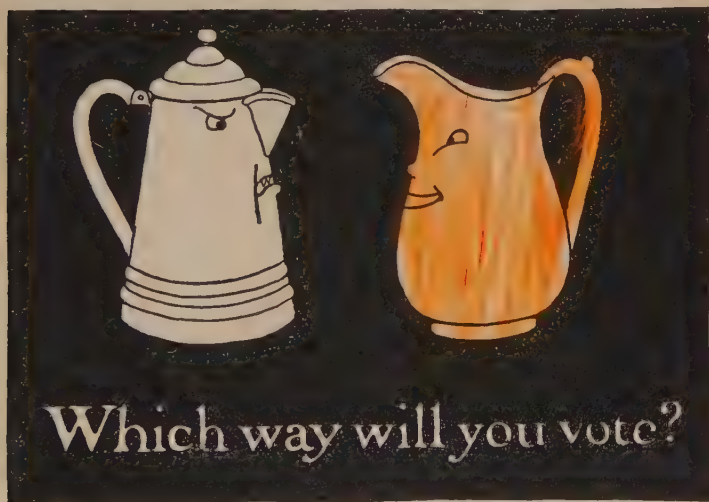
Charlie pointed to the blackboard.

Miss Brown looked and saw a picture of a smiling milk pitcher on one side and a scowling coffeepot on the other. Underneath were the words, "Which way will you vote?"

"I voted for the coffeepot. I didn't think it would really count so much," said Charlie. "It won't happen next month. I'll make a big gain."

When the weighing was finished, it was seen that

all but six of the pupils had gained. Dr. Wise said later that three out of the six could not gain as they should, anyway, because they had adenoids. Adenoids make it hard for children to breathe. Before the next weighing day these were



removed, and the children were ready to gain. All the boys and girls together had made a total gain of 25 pounds.

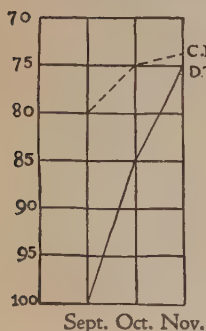
"It will go still higher next month," said Miss Brown.

There was another event of the day that we must not forget. The messenger came from the

Cherry Hill School. The month's records for November looked like this:

Cherry Hill School	74 absences
Drowsy Town School	75 absences

"Oh, what a shame," said Billy True. "They are only one point ahead of us. If we had had two absences less, we should have beaten them this month."



"Yes, but look," exclaimed Mary Write-Well, going to the board. "When you look at the whole record for three months, you can see that we are gaining every month. Next month we shall surely be ahead." She then wrote the record for the months.

"This is another way of writing it," Mary said, as she drew some lines on the board. "There you can all see that we ought to beat them next month. Let's try a little harder to be healthy."

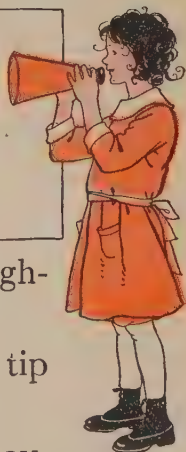
"May I say just one thing before I leave?" asked Miss Brown.

"Oh, yes," said Herbert. "Tell us more about being healthy. It's fun to be gaining every day."

"I just want to tell you to be careful during your Christmas vacation. That is the time when children often forget all that they have learned about health. They often overeat, and eat altogether too many sweets. They stay up too late at night and play very hard without taking any rest. Many children get sick during the Christmas vacation. Often they lose in weight and are absent on the first day of school. Remember what you have learned about health."



*Wide-Awake
Boys and Girls say*



Good habits count on weighing day.

Rest and sleep help to tip the scales.

Drink a quart of milk a day.

To have a happy vacation, keep healthy.

Can you answer these questions and do these things?

1. What other things help to tip the scales besides rest and sleep?

2. Have you gained or lost in weight since last month? Do you know why you have gained or lost?

3. Is your class having more or fewer absences? Show your record of absences by a graph like that on page 76.

4. Are you keeping your health record every day? What habits have you learned so well that you do not need to think about them? Which habits seem hardest to form? Why?



XII

MILK MAKES CHILDREN GROW

It was the day after the second weighing and measuring.

The president of the Wide-Awake Health Club faced the school. He looked more serious than usual. "Boys and girls," he said, "half of us are underweight, and one out of every five of us is so much below the average weight that we may not be strong and healthy enough to beat the Cherry Hill School. This is a serious matter. We are all improving, but do you realize that we must

beat the Cherry Hill School not only this month but every month hereafter in order to win? We must do some thinking. What shall we do?"

"Mr. President."

"William Thin-kins."

"I am one of those children," said William, "who are not healthy enough to help either themselves or the school as much as they should. I am twenty-five pounds underweight. My cousin James and I went down last night to Mr. Plumpkins's to see Dr. Strong. He was there and seemed very glad to see us. I was quite worried about being so much underweight and told him so. We had such a nice talk. Dr. Strong says that the number of pounds you weigh is not so important as gaining something in weight nearly every month. I told him I had not gained for three months, and one month I had lost a pound and a half. Dr. Strong looked me all over and asked me what I ate for breakfast. I told him that I never ate very much breakfast, and that I often went to school without any. He looked shocked and asked me what I had when I did eat breakfast. I told him nothing except a cracker and a cup of coffee.

“‘I thought so,’ said he. ‘Don’t you drink some milk and eat a good dish of cereal?’

‘I shook my head. ‘I never drink milk, and I just hate cereal,’ I replied.

“Dr. Strong didn’t say a word for a minute. Then he said, ‘Well, it’s not strange that you are underweight so much and do not gain. Children should always eat a good breakfast. Milk and oatmeal are excellent foods. Of course children should never drink coffee.’

“‘Yes,’ I said, ‘but how can I drink milk and eat oatmeal when I do not like them?’

“‘If you really want to be healthy you can learn to like your breakfast. If you try to eat a little tomorrow morning, and then a little more the next morning, you will soon find that you like your breakfast and even enjoy your cereal and milk.’

“I told him I would try, and I began this morning by eating some cereal, a piece of toast, and a dish of prunes. I also drank half a glass of milk. I am going to try to do my part, boys and girls, and I hope each of you will do yours.”

“William Thin-kins shows the right kind of spirit,” said Herbert.

"Mr. President," said Nellie Thoughtful, "I do not understand why milk is so much better to make you grow than coffee."

"I think I can answer that question," said Rose Plumpkins, "for Dr. Strong once explained it to



MILK, about $\frac{1}{8}$



TEA, 0



COFFEE, 0

me. He drew some pictures that looked like these." Then Rose stepped to the blackboard and made the drawings shown here.

"The shaded part of the drawing stands largely for material which makes you grow; the unshaded part stands for water. You see that coffee and tea have no food value whatever."

"I am glad to know that," said Nellie Thoughtful. "But why is it that when you drink coffee, you do not seem to be hungry for real food?"

"I do not know just why," said Rose, "but it's so, and that is another good reason why we should not drink coffee and tea."

"But," said Paul Grimyjoie, "father and mother drink coffee and tea. Why isn't it all right for us?"

"Dr. Strong says that older people are not growing, so coffee and tea are not harmful for them unless they drink too much."

"Mr. President, I should like to ask whether cocoa is good to drink," said Peter Stout.

"I am quite certain it is," said Herbert. "Will you tell us about that?" he asked, turning to Miss Content.

"Yes, cocoa is good for children when it is made with milk. Great care should be taken not to have the cocoa too strong. For many children it is a pleasant change from pure milk."

Oliver Straight seemed to be very eager to speak.

"What is it, Oliver?" asked Herbert.

"I have a big idea," he said. "I was talking to Dr. Wise last night. I told him how anxious we were to beat Cherry Hill School, and how we were trying to be healthy so that we could come

out ahead. I asked him if it would not be a good plan to have a milk-and-cracker lunch in the middle of the forenoon. He said it would be fine for all of us, especially those who were underweight."



"What's the use of that?" asked Harold Bliss. "Why can't we drink more milk at home and not have the bother of drinking it at school?"

"Dr. Wise says that some children cannot eat enough food at regular meals. They need to eat several times a day. Then, too, it's much more fun to have a little lunch at school."

"Let's have it, by all means," cried the children, "if it will help us to gain."

The very next morning the groceryman delivered a box of crackers and the milkman left a large number of pint bottles of milk. Some of the children brought theirs from home. If you had

looked into that schoolroom in the middle of the forenoon, you would have seen all the children drawing their milk through straws and nibbling the nice graham crackers. How happy they looked!

It was great fun to make up songs about milk. This is one the children used to sing every day when they were ready for their lunch.

(TUNE: "Johnny comes marching Home")

Johnny, come in with your glass of milk,

Hurrah! Hurrah!

It makes us feel as fine as silk,

Hurrah! Hurrah!

We'll grow so fast, we'll look so fine,

You'll see us coming right up to the line,

And we'll all feel gay

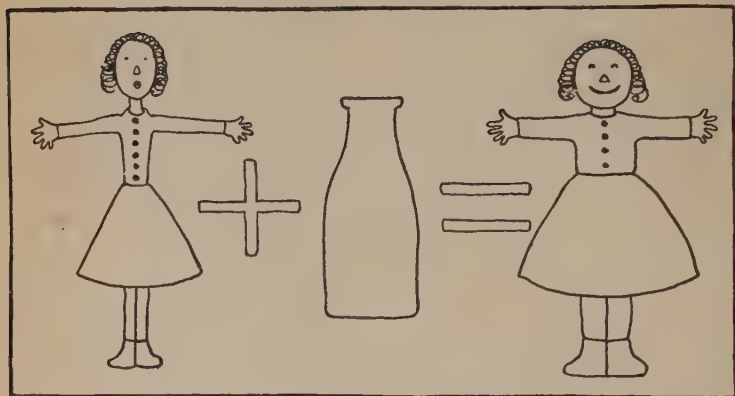
When we see the bottles of milk!

And we'll all feel gay

When we see the bottles of milk!

There was a committee that brought in the milk and saw that it was warmed slightly and at lunch time passed the bottles, straws, and crackers around to the children. There was a treasurer who collected from the children the money for the milk. The older boys and girls kept the accounts as a part of the arithmetic lessons.

In the drawing-lessons the children often drew pictures or cut them from magazines and then printed sayings about milk underneath. One boy, Billy True, made the one shown on this page with his scissors and pencil. Try to make a better one.



GIRL + MILK = LARGER GIRL



*Wide-Awake
Boys and Girls say*



Eat a good breakfast every morning.

Drink at least a pint of milk every day.

If you are underweight try

to drink a quart.

Coffee and tea do not help boys and girls at play or at work.

The only real food in coffee and tea is the sugar and cream you put into them.

It is the cream in the milk that helps children to grow most. Drink whole milk, not skimmed milk.

Creamed potatoes and creamed onions help children to grow.

Can you answer these questions and do these things?

1. Try to compose another verse of the song beginning with "Johnny, come in with your glass of milk." Choose the best verses of the class for a class song.

2. Make up another song about milk and set it to another tune.

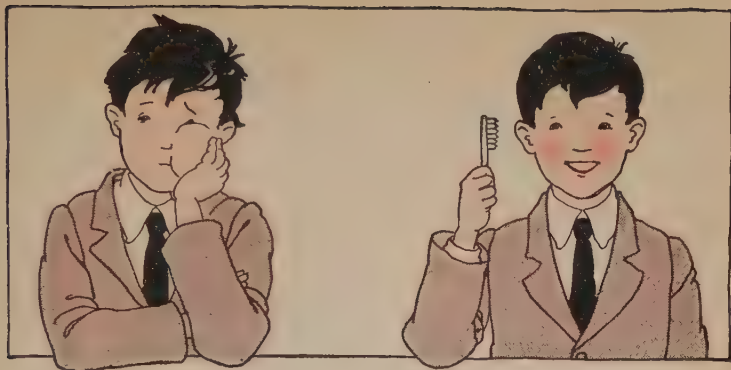
3. Look over your papers and magazines at home for pictures you can use in making milk posters.

4. A farmer once owned two calves. He brought up one on skimmed milk and the other on whole milk. What were the names of the two calves and the cow? Tell or write the rest of the story. Use your pencil and scissors to make pictures and cut-outs for the story.

5. Clean milk makes children healthy; dirty milk makes them ill. Clean cows, clean milkmen, clean bottles, make clean milk. Can you think of anything else needed for clean milk? Visit a good dairy and tell the class what you saw.

6. How many glasses of milk are there in a quart? How many glasses do you drink every day?

7. Muscle-building material in 1 pint of milk equals 6 medium-sized potatoes or 7 slices of bread or 32 apples. Make posters to show these facts.



XIII

JOHN SPECKLED-TOOTH'S LOSS

It was the third week of the month. The Wide-Awake Health Club was checking up its losses and its gains over the previous month.

"We are now five points behind our record of last month," said Herbert Think-Well. "Many of the boys and girls have been absent this month. John Speckled-Tooth has been absent most. He was out all last week. If we do not do better for the remainder of the month, Cherry Hill School may beat us; and if we are beaten this month, we have lost everything, for this is the fourth month. We need to win every month from now on to come in ahead on June 1."

"Perhaps John would tell us just how he happened to be absent so much," said Nellie Thoughtful.

John arose in the back part of the room. He looked rather ashamed, as if he wished somebody else might talk. He started once, stuttered, blushed, and sat down.

"Please tell us all about it, John," said Miss Content, kindly.

Again John got up. "I—I—I—I am really ashamed of myself," he said at last. "I have had a great loss. I have missed a whole week of school, so I am now way behind, and I missed Jenny Mill's party last Thursday afternoon. Then, too, my being absent so long makes it doubtful whether we can beat the Cherry Hill School this month.

"The worst part of it is this," he went on. "It was all so unnecessary. I had an awful toothache. The dentist said it was an ulcerated tooth. My chin was swollen, and my jaw ached so badly that I could not sleep at night."

"I do not see why you need to be ashamed about that," said Paul Grimyjo. "Anybody may

have the toothache. I have had it many times, myself, and my mother has had it, too."

"I am certain," said John, "it's our own fault if we have the toothache. It served me right to have the toothache. I am ashamed to say so, but I know it's true. I knew better. If I had kept my teeth clean and gone to see the dentist regularly, I should not have missed a whole week of school. Both Dr. Wise and Miss Brown warned me that I would have a toothache if I did not take care of my teeth. I promise you I will not have the toothache again." Hereafter I shall clean my teeth at least twice every day.

"How many did not clean their teeth this morning?" asked the president.

About twenty-five hands went up.

"How many have not seen a dentist for over a year?"

Nearly every hand in the room went up.

"This looks as if we had something to do," said Billy True. "I have several questions I should like to ask about the care of the teeth. Perhaps some of the other children have questions, too."

Several of the children raised their hands. Miss Content also raised her hand.

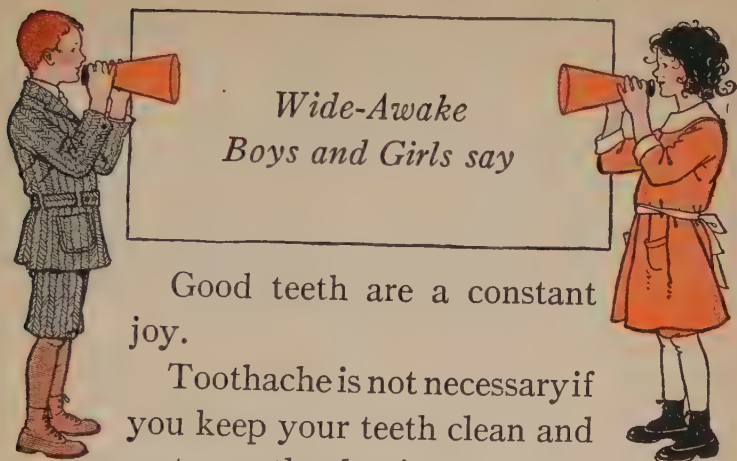
"Mr. President," said Billy True, "wouldn't it be a good plan to write these questions on the blackboard?"

"Yes," said Herbert. "Mary is the best writer. I think she will be glad to help."

Mary stepped to the blackboard and wrote the questions one by one as they were asked. These were the questions she wrote:

1. Why should we clean our teeth?
2. What is the best way to clean them?
3. How often do we need to go to a dentist?
4. Do we need to take care of our baby teeth? Why?
5. What is the best way to take care of a toothbrush?
6. What kind of food is good for the teeth?
7. Why do some children have crooked teeth?

"These are all good questions," said Herbert. "We do not have time to try to answer them today, but I hope every boy and girl in the Wide-Awake Health Club will come prepared next time to answer every one of these questions."



Good teeth are a constant joy.

Toothache is not necessary if you keep your teeth clean and go to see the dentist regularly.

Boys and girls with dirty teeth are not good looking even if they wear fine clothes.

We are just as proud of clean mouths as we are of clean hands.

We haven't lost any of our second teeth.

Uncle Sam doesn't want men who have poor teeth for soldiers and sailors.

Can you answer these questions and do these things?

1. How many in your class have clean teeth? Choose two or three in your class to look at the children's teeth and report.

2. How many children have at least one decayed tooth? two decayed teeth? and so on. How many have no decayed teeth?

3. How many of the children cleaned their teeth this morning?

4. How many have been to a dentist this year?

5. What did John Speckled-Tooth lose, and why?



XIV

GOOD QUESTIONS ABOUT THE TEETH ANSWERED

"I have in my hand," said Herbert Think-Well, glancing at a paper, "a statement from Dr. Wise about the teeth of the children in this room. Dr. Wise says that there are only three children in this school who have no decayed teeth. Many of us have two or three bad teeth, and some as many as seven or eight. He finds only about half a dozen whose teeth are as clean as they ought to be. Just think of it! To be strong and healthy we need to take care of our teeth.

"Today we are to try to answer these good questions on the teeth," Herbert continued, pointing to the blackboard. "Who is ready for the first question?"

"Mr. President," said Mary O'Right, "the answer to the first question, Why should we clean our teeth? is very easy. John Speckled-Tooth has given us some very good reasons. He did not take care of his teeth, and he missed a party and was so sick for a week that he had to stay indoors. His tooth ached so badly that he couldn't sleep at night. If we clean our teeth they will be less likely to decay. Every time we are absent from school because of toothache we lose points."

"I think we also need to clean our teeth so that they will be ready to chew our food," said Rose Plumpkins. "If they decay, our food cannot be chewed well. Birds can swallow their food whole because they have a gizzard, where the food is ground up. We need to chew our food."

"There is still another reason that nobody has mentioned," remarked Dorothy Hollbrook. "Clean teeth make one better looking. A boy or girl, no matter how well dressed, cannot look well with dirty teeth. My uncle is a merchant, and he says he would never hire a clerk who has dirty teeth. Customers do not like to buy goods from clerks who do not keep their teeth clean."

"I agree with what Dorothy says, but I think we ought to add that when teeth are pulled one's face looks funny and very ugly," said Mary O'Right. "I have an uncle who has lost most of his teeth. I do not like to look at him when he laughs."

"The second question," said Herbert Think-Well, "is What is the best way to clean them?"

Just then there was a knock at the door. Peter Why-Listen went to the door and opened it. A gentleman with a brown bag stepped inside.

"Oh, it's our dentist, Dr. Sharp," said the president, stepping forward to shake hands. "The question of how to brush the teeth is so important that I asked him if he would come in and tell us all about it."

Dr. Sharp smiled, showing his beautiful white teeth. "I am a citizen of this town," he said, "and I like the boys and girls of this town and of this school. I want to do all I can to make you happy and healthy. Then I know you will be at school every day and learn very fast. You may also be expected to play better baseball in June. We need good teeth to be happy.

"The way you brush your teeth is very important. Drawing your brush across your teeth is a poor way, because it does not brush out the particles of food between the teeth and also because it pulls away the gums from the teeth and causes them to decay around their roots. It is a good plan to get a toothbrush with a notched edge like a saw to fit the spaces between the teeth." Dr. Sharp then took a brush out of his bag. "It is quite necessary to draw the brush so that the bristles will come in between the teeth. Use the up-and-down stroke.

"Let me show you how to do it," he said, raising his toothbrush. "First, I put my toothbrush between my cheek and the upper gum on the left side of my mouth. I put the brush well up on the gums. Then I push it downward to the lower gums and then forward and upward. I do this several times and work around to the front teeth. Then I clean the right side of my mouth in the same way. This cleans the outside of my teeth and the spaces between my teeth."

"Do you need to brush the teeth inside?" asked Nellie Thoughtful.

"Yes, indeed, especially the back teeth. The front ones are pretty well cleaned by the rubbing of the food against them, but the back ones get dirty. You take the end of your brush, pointing it the same way as the teeth, and draw it against the tooth, in and out. Do the same with your upper and lower teeth. The biting surfaces are cleaned by drawing the brush in and out across the teeth. After cleaning your teeth it is a good plan to take dental floss or silk thread and pull it between the teeth. Do not press so hard that you cut the gums."

"Does it make any difference what kind of toothpaste or powder is used?" asked Charlie Slouch.

"Nearly all the toothpaste and powder on the market is good. Remember that it is the brushing that counts most. If you cannot afford to buy powder or paste, use water with a little salt in it, but brush your teeth well. Even with the best of care the teeth cannot be kept perfectly clean without getting them cleaned from time to time by a dentist. But I see there are other questions which you are discussing," said the doctor, glanc-

ing toward the blackboard. "Please go on. I would like to listen."

"Mr. President."

"Yes, Anne Gray."

"I think it would be a good idea for us to brush our teeth before breakfast and before we go to bed at night. And after every meal, whether we use a toothbrush or not, we should try to rinse out our mouths with clean water. This can be done by filling the mouth with water and forcing the water through the teeth. I got all these points from a little book on the teeth," said Anne.

"That is very good advice," remarked Dr. Sharp.

"Perhaps Dr. Sharp would answer the next question for us," said Herbert Think-Well, turning again to Dr. Sharp.

"With pleasure," returned Dr. Sharp; "although you answer your own questions so well, I am not needed. However, this seems to be a kind of question I ought to answer,—'How often do we need to see a dentist?' I should say about every six months. If you go as often as that, the dentist will see the decay when it starts, and the filling will be small and cause you little or no pain."

"Thank you, Dr. Sharp," said Herbert. "I have just had my teeth looked over, and I have marked the day on the calendar. Before six months have passed I shall see the dentist again."

"The next questions are 'Do we need to take care of our baby teeth? Why?' Who will try to answer them?"

"What is the use of taking care of our baby teeth?" said Paul Grimyjoe. "We have to lose them, anyway. Isn't it time and money spent for nothing?"

"What does the club think about that?"

"I don't think Paul is right," replied Oliver Straight.

"Why not?"

"Well, we need to have teeth to chew our food. Even if our baby teeth do not last forever, we need them until the others are ready to come in. If they are not kept clean, they will look bad and our breath will not be sweet."

"Oliver is quite right," said Dr. Sharp. "There is another reason also. You know what happens when a rotten apple touches a good apple, don't you?"

"It makes the good apple decay, too, doesn't it?" asked John Speckled-Tooth.

"Yes," said Dr. Sharp. "In the same way, a decayed baby tooth by the side of a good tooth of the second set makes it decay."

"I think I can answer the next question, Mr. President," said Peter Stout.

"Very well, Peter."

"After using a toothbrush it should be thoroughly washed in warm water, and then hung in a sunny place, if possible. The sun is a good cleanser."

"Thank you, Peter," said Herbert. "Would you add anything, Dr. Sharp?"

"Only this," replied Dr. Sharp. "It is advisable to sprinkle a little salt over the brush if convenient. That keeps the brush clean and helps to make the bristles stiff."

William Tower arose.

"Yes, William."

"I have found something very interesting about the kind of food that is good for the teeth."

"Please tell us all about it."

"I have just read a story about the Indians.

They had excellent teeth, although they never used a toothbrush. But they did something that we seldom do. They ate much hard, coarse food. An Indian would go off on a long journey with almost nothing but parched corn in his wallet. Such coarse foods scrape the teeth and keep them clean. It also keeps them healthy because they need to work to grind the food. It seems to me that we eat too much soft food. Much of it needs no chewing. I think we should eat hard toast and coarse food for the sake of our teeth."

Herbert looked toward Dr. Sharp.

"Excellent," said Dr. Sharp. "I would also like to say that milk is a good food for the teeth. Drink plenty of it."

"We have just one more question that I know we all want answered, 'Why do some children have crooked teeth?'"

"Mr. President."

"Yes, William Jones."

"Mother says that one reason why teeth grow out of place is because little children suck their thumbs. I am trying to teach my baby brother to stop sucking his thumb."

"Another reason, Mr. President," said Dick Wells, "is because the first teeth are lost too early. This allows the teeth on both sides to grow over into the vacant space. When the new tooth appears it does not find room enough, so it grows crooked. Keeping your teeth clean and going to the dentist regularly ought to make them clean and straight."

"Have you anything to add, Dr. Sharp?" asked Herbert.

"No, nothing," replied the doctor, "except to tell you what a fine time I have had here. You are certainly doing some hard thinking on this whole idea of health. May I ask how many of you brushed your teeth this morning?"

Every hand in the room went up.

"Good," said the doctor, "you are just bound to grow up to be healthy boys and girls."

"Before you go, Dr. Sharp, I wish you might hear some of the health rimes on the teeth that some of the boys and girls have written. Miss Content says they are excellent."

"Thank you, I shall be glad to stay a little longer."

"Nellie Thoughtful, have you one?"

"Yes, Mr. President.

"'Jack,' said Jill, 'I think you will
Agree with what I say, sir.

We'll have to get our teeth fixed up,
Or we shall rue the day, sir.'

"'Jill,' said Jack, 'you're on the track
That leads to health and beauty.

To see a dentist, I should say,
Was our immediate duty.'"

"I have another one," said Nancy Fair.

"Jack Spratt

Is now quite fat,

His wife is far from lean;

I'll tell you why they're round and plump,

Their teeth are white and clean."

"And I have one, Mr. President," said Helen Smiley. "It makes me laugh every time I read it."

"I am certain we all want to hear it," said Herbert.

"This is the way it goes," said Helen.

"There was a crooked tooth

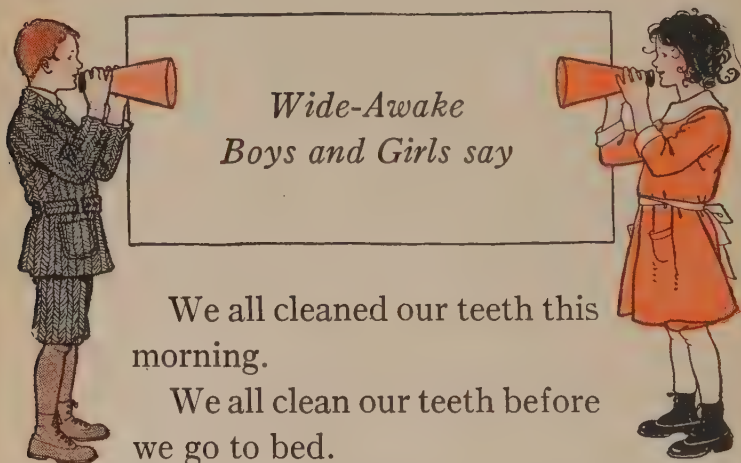
That was allowed to grow;

It pressed against the other teeth

And formed a crooked row.

They made a crooked smile
That twisted out of place,
All of which together
Made a homely, crooked face."

A smile still played over Dr. Sharp's face as he waved his hand to the children and turned his automobile toward home.



We all cleaned our teeth this morning.

We all clean our teeth before we go to bed.

We use dental floss before we go to bed.

We see the dentist about every six months.

Lazy teeth decay.

We keep our teeth healthy by eating hard food, such as hard toast.

Clean teeth make you beautiful.

Clean teeth put money in your pocket.

Draw your toothbrush so that the bristles will come between the teeth.

Brushing is worth more than toothpaste or powder.

Take good care of your first teeth or you may have poor second teeth.

Can you answer these questions and do these things?

1. Why did the boys and girls of the Wide-Awake Health Club think that they ought to clean their teeth?

2. Bring your toothbrush to school and be ready to show the other children just how to clean their teeth.

3. Why do teeth become crooked?

4. How many times a day do you clean your teeth? At what times?

5. What kind of a toothbrush do you have? How do you take care of it after you have used it?

6. Do you eat hard food that keeps your teeth busy or are your teeth lazy?

7. Try to compose some rimes on cleaning the teeth.

8. Make some health posters on cleaning the teeth.



XV

A WINNING MONTH

Would they win?

That was the question on the lips of every boy and girl in Drowsy Town School on the last school day of December.

How eagerly they had followed up the report of attendance every day! That report was made by the "Be Present Committee," which posted the number of absences and the cause of them on the bulletin board. If a pupil was absent, they found out just why. Often they went to the child's home if the absence was longer than one day.

After school on the last day of the month, if you had peeked into the schoolroom you would have seen a crowd of boys and girls studying the bulletin board. In spite of John Speckled-Tooth's long absence the school had done well, much better than in the month of November. They had twelve fewer absences.

The last weighing-day also showed that thirty-eight out of the forty children had gained in weight. Six had come up to the average weight. The school as a whole had gained thirty pounds in weight.

"I helped to bring that up," said James Slimkins, "because I drank one glass of milk with each meal."

"Haven't we done well?" said Billy True. "Tomorrow we'll know whether the Cherry Hill School has done any better."

It was about recess time the next morning when the children noticed a boy on a horse coming down the street. It was the messenger from the Cherry Hill School.

He stopped in front of the schoolhouse and tied his horse. He had an envelope in his hand. The

boys and girls in the school yard watched him with eager eyes as he walked toward the door. He stopped just as he was about to enter the door and looked them all over with a superior air. "Did you think you could beat us?" he sniffed. "I want to tell you that this has been our best month," and he swaggered into the schoolhouse and handed to Miss Content the month's record of the Cherry Hill School.

When he came out the children noticed that he had another envelope in his hand. It was the record of Drowsy Town School for the month. He did not look nearly so happy as he did when he went in. He looked neither to the right nor to the left, but mounted his horse and galloped away toward Cherry Hill. Had he seen their month's record on the blackboard? The children made a rush for the door, Peter Stout leading.

Herbert Think-Well was just opening the envelope. He glanced quickly at the little white card inside. "Hurrah," he shouted. "We have won! We have won! Cherry Hill School had 70 absences; we had 65."



Nobody would have thought that the Drowsy Town School was sleepy now. Everybody seemed to be trying to make all the noise possible.

Peter Stout suddenly appeared with a drum which he beat vigorously. Oscar Loud brought out his flute and began to play. Those who did not have a pan to pound or a bell to ring sang and shouted.

The noise went on until Herbert Think-Well mounted a chair and shouted, "Members of the Wide-Awake Health Club please form in line for a march around the school yard."

What a march it was!

Herbert went ahead with a long stick, which he waved in the air, keeping time to the music. Oscar Loud and Peter Stout followed with fife and drum. Many of the boys and girls who followed carried banners made out of paper which they had kept hidden just for this day. On the banners were printed "Wide-Awake Health Club," "Health Pays," "Every Boy and Girl in this School has Clean Teeth," and so on.

Around and around the schoolhouse they marched, keeping time with the music and singing

their club song to the tune of "The Campbells are Coming."

"It's over the top, ho, ho, ho, ho,
It's over the top, ho, ho, ho, ho,
It's over the top, ho, ho, ho, ho,
With health and strength, ho, ho, ho, ho!"

Still another one, to the tune of "Good Night, Ladies," went something like this:

"Good-by Cherries, good-by Cherries,
Good-by Cherries, we're bound to beat you now.
Merrily we march along, march along, march along,
Merrily we march along to health and victory."

Before they went inside to begin their school work they formed in line in front of the school-house and gave their club yell.

"Boom-a-lacka, boom-a-lacka, bow-wow-wow!
Ching-a-lacka, ching-a-lacka, chow, chow, chow!
Boom-a-lacka, ching-a-lacka, who are we?
Wide-Awake Health Club! Vic-to-ry!"

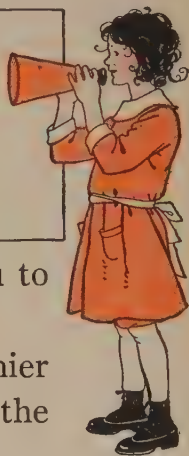
The noise of the celebration again brought out Mr. Why, who hobbled over to see what it was all about.

His questions were answered by Miss Content, who looked proudly toward her boys and girls

with the remark: "It's all because we have beaten the Cherry Hill School this month in having fewer absences. I think we can do it every month now. There isn't a finer school in the state."



*Wide-Awake
Boys and Girls say*



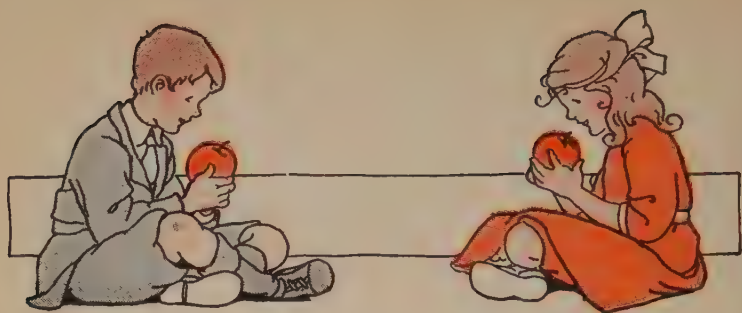
Health always helps you to win.

Let us win by being healthier this month than we were the last one.

Can you answer these questions and do these things?

1. Give all the reasons why you think the Drowsy Town School won during the month of December.
2. In what way did you yourself win a victory in health this month? Did your class improve?
3. What do you think was printed on the other banners that the boys and girls carried on their march?

4. Is your class making a graph like that on page 76?
5. Can you make up some more songs and yells that the children might have had on this winning day?
6. What other exciting events do you imagine happened?
7. Tell the class how to have a good Christmas vacation without being sick.



XVI

AN APPLE DAY

Their cheeks were just as rosy as the apples!

There were forty children in school that day, and on every desk there was a big round red apple. Sitting back of every apple was a happy bright-eyed boy or girl.

Why did they look so happy?

I will tell you. They were having a special day—Apple Day. All the children had gone into their cellars to find the biggest and best apples possible. Some of the children had no apples at home, so their friends who had plenty of apples gave them some. Several of the children earned enough to buy one or two at the corner grocery. Each pupil had one. It was great fun.

What did it all mean?

I will tell you. It came about in this way. Jolly Jack, the health clown, had just visited Drowsy Town. He was such a jolly fellow. Every boy and girl, man and woman, in the whole valley went to see him. He was better than any clown they had ever seen in Barnum's Circus. He made the children laugh so hard that I think some of them must be still out of breath. It was all about the fun of being healthy.



Before Jolly Jack left Drowsy Town Miss Content and several of the children were introduced to him. They told him about the big battle that was being waged between the Cherry Hill School and the Drowsy Town School and how their school was trying to win by doing the things that

made them healthy. He said he would like to visit their school, and he did the next day.

They did not know him at first when he arrived, because he was not dressed like a clown, but having on ordinary clothes did not prevent his doing many things to make the children laugh. At recess time he barked like a dog, mewed like a cat, crowed like a rooster, and whinnied like a horse. He also ran races with the children, played games, and performed on the trapeze which the boys had put up in the back yard.

He was greatly interested in the midmorning lunch, and ate his cracker and milk with the children with great enjoyment. He examined the big graph that showed where the Drowsy Town School went over the top and also the graph of each individual child. "That's good," he said to James Slimkins. "It takes milk to bring your weight up, doesn't it?"

As Nellie Thoughtful poured out another glass of milk for him he said, "Thank you very much."

Then he seemed to have an idea, for he glanced quickly around the room and said, "How many of you eat fruit and vegetables every day?"

He asked other questions and found that everybody ate potatoes every day, but most of the children did not eat fruits and other vegetables every day.

"You know," said Jolly Jack, "I eat some fruit every day. Fruit is excellent for health, and most of you have it at home. How would it do to start tomorrow having an apple every day?"

The club decided that it would be a fine thing to do, so there they all were the next day with their apples.

Everybody had made up a rime about apples being good for health. One by one the children began to read what they had written. This was the one written by Peter Stout:

Little children
Glad and gay
Eat an apple
Every day.

Perhaps you can write one yourself.

"This has all been such fun," said Rose Plumpkins, "that I think we ought to spend some more time talking about eating fruit. You know Jolly Jack said that we ought to eat some fruit every

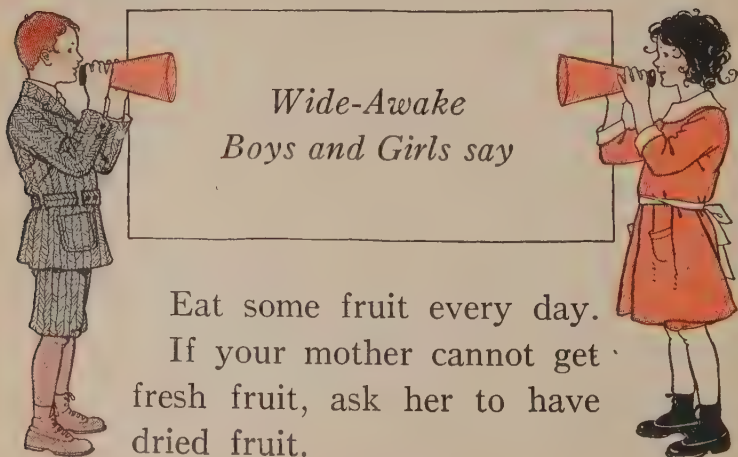
day. Fresh ripe fruit is best; but if that is not to be had, he said that dried fruits might be used. Remember he said that bananas are not ripe until the skins have brown spots."

"Let us all ask our mothers to have some fruit every day. It is one way to be healthy and strong," remarked Nellie Thoughtful.

"Let's have another special fruit day next week," said Billy True. "Let's have an Orange Day."

The club voted to have Orange Day the next Wednesday.

Will you write the remainder of this story and tell just what happened on that day?



*Wide-Awake
Boys and Girls say*

Eat some fruit every day.
If your mother cannot get
fresh fruit, ask her to have
dried fruit.

Fresh fruit should be thoroughly ripe.

Try to spend less money for candies. If you wish to buy something to eat at the store get an apple, an orange, or a bunch of grapes. They are better than candy.

Can you answer these questions and do these things?

1. Make a list of all the fruits that you think are good for children to eat.

2. Make some health posters about two of the fruits you like best.

3. What kind of dried fruits do you have at home? Do you like them all? If not, try a little every time they are served. You may learn to like them.

4. The Wide-Awake Health Club had other days besides Apple Day and Orange Day. What were they?



XVII

PLAYING THE GAME SAFELY

There were many long faces in Drowsy Town School this morning. Boys and girls were crowded around the bulletin board reading the report of the Be Present Committee.

"Isn't it too bad?" said Oliver Straight.

"It's just a shame," chimed in Olive Say. "Charlie Slouch has been absent two whole weeks and may not be in school for another week. I am afraid that the 'Cherries' will beat us this month; and if they do, that means they will beat us for good, for we need to win every month."

"I am not going to give up yet," said Nellie Thoughtful. "We must all do much better to make up for Charlie's absence. I haven't had an absence this month so far, and last month I had five. There are many others who have not been absent at all."

"I believe we ought to do something," said Rose Plumpkins, "so that this will never happen again."

"You are quite right," said Herbert Think-Well. "Bring up this subject at the meeting of the Wide-Awake Health Club."

When the club met, Herbert Think-Well, with sober face, said: "Boys and girls, I think you have all been following the report of the Be Present Committee posted on the bulletin board. You know something about the sad story of Charlie Slouch. He ran in front of an automobile. He was injured and taken to the hospital. He has been there now two weeks, and it will probably be another week before he will be in school. We are all sorry for Charlie, and a week ago we sent him some fruit and flowers. I have a letter from him which I should like to read.

Dear schoolmates:

You have all been so good to me since I have been sick that I do not know how to thank you enough. I enjoyed the flowers you sent and also the fruit. Nearly every day some of you have sent me letters or post cards. It was so nice to get them. I have read them over many times.

I am so anxious to get back, and when I do I shall try hard not to be absent again, even for a half day. It was all because of my carelessness. I knew better than to run in front of the automobile. It would have been all right only my foot slipped and I fell right in front of it. Nobody ought to take any chances. It was bad for me and very bad for the whole school. I hope you will have a good talk about this in the club so that everybody will take care not to be hurt.

Love to you all
Charlie"

"Mr. President."

"Yes, Rose Plumpkins."

"I know we are all very sorry for Charlie, although we may lose our game with Cherry Hill. But there is one thing that Charlie has taught us, and we ought never to forget it—the *cost of being careless*. Charlie's going to the hospital, the cost in money, and the adding of fifteen absences to our column—all this was entirely unnecessary.

I wish we might spend a few minutes talking about other things that we are careless about that are likely to injure us. I remember that last year Willie Rideout was catching rides on a sleigh and fell off and broke his arm. Let us stop accidents in this school if possible."

"I agree with what Rose says," said Billy True. "I think we ought to be very careful whenever we cross a street, especially the street in front of the schoolhouse, for Buzz Street is very dangerous. Wouldn't it be a good plan to have one of the boys act as traffic officer to tell us just when to cross the street? He could be of great help to the smaller children."

"Splendid, splendid," cried several of the children.

"Mr. President."

"Yes, Ralph Watch."

"The other day we were playing constable, and I cut out a tin star with a chisel. The boys say it's pretty good. I should be glad to lend the star to the club for the use of the traffic officer, and if the club would like, I will serve as traffic officer the first week."

Ralph was elected. How fine he looked with the big tin star on his coat! He was careful to help the girls and little children.

"Doesn't Ralph make a fine policeman?" the children said.

"Yes; I shouldn't mind being policeman myself next week," said Peter Stout.

At the next meeting of the Wide-Awake Health Club the children made out a list of things that they intended to avoid for the sake of safety first. Here it is:

<i>Do not</i>	Run across the street directly in front of or behind an automobile, a wagon, a car, or a motor cycle. Look both ways before you start, to be sure there is nothing coming; then go slowly. Get off a car until it stops; then face the front to avoid falling. Steal a ride on a car or an automobile. Skate on dangerous ponds. Walk on a railroad track. Play with fire. Carry matches loose in your pocket. Hurry up a fire with oil. Point a gun or a pistol at a person, even in play.
-------------------	--

I know you will be interested to know how the Drowsy Town School came out in the month of January. It was good news after all. There were over twenty in the school who had been present every day. In spite of Charlie Slouch's carelessness the Wide-Awake boys and girls did so well that they had even fewer absences than they had in the month before. They were again ahead of the Cherry Hill School, which had 70 absences while they had 60.

Probably one reason why they won was because they remembered during the Christmas vacation all they had learned about health.

Because the Cherry Hill School had a long vacation in February and the Drowsy Town School one in March no records were kept for the contest until April 1.

"Even if we are not in the contest in these months, we can go right on learning to be healthy," said Rose O'Right, and they did.



*Wide-Awake
Boys and Girls say*



Keep both eyes wide open
when crossing the street.

A good time to be drowsy is
bedtime.

Carelessness is costly.

Help the younger children across the street.

Take one step at a time on the stairways.

Do not touch electric wires.

Do not play on the streets.

Do not place sharp tools where somebody may
fall over them.

Safety first.

*Can you answer these questions and do these
things?*

1. What are you doing to avoid accidents?
2. What accidents have happened to children in your class this year? What do they teach you?

3. Ask your fathers and mothers to tell you about the causes of accidents they read about.

4. Can you think of other things you may do to look after your safety?

5. What was the cost of Charlie Slouch's carelessness?

6. Are you trying to help little children across the street every day?

7. Do you have any traffic officers in your class?

8. Tell a story about another boy in Drowsy Town School who was careless.

9. Make up some rimes about safety first.

10. How many streets do you cross in going to school? How many of them are dangerous? What do you do for safety in crossing? Do you think of anything else you ought to do?



XVIII

EATING MORE VEGETABLES

It was spring again. The sun shone brightly. The brown hillsides began to look green. The buds were swelling on the trees. The bluebirds, robins, and song sparrows filled the air with music.

The boys and girls of the Drowsy Town School felt happy to have spring come. They were out of doors, without their coats, spading and raking a bit of land back of the schoolhouse. They were whistling, laughing, and singing as if they enjoyed the spring as much as the birds did.

Why shouldn't they be happy? They were making a garden. Everybody in the school was to have a bit of land. Stakes and little paths

divided the big piece of land into little plots, one for each child.

"That looks fine," said Miss Content.

"What are you going to plant, Anna Little?"

"Mother has given me some nice flower seed, so I shall have flowers, but I want particularly to grow some lettuce and carrots."

"I shall have squash in my garden," said Paul Grimyjo; "perhaps the largest squash in the valley."

"How do you know that?" asked Nellie Thoughtful.

"Well," said Paul, "do you remember the big squash that Mr. Rice had last year?"

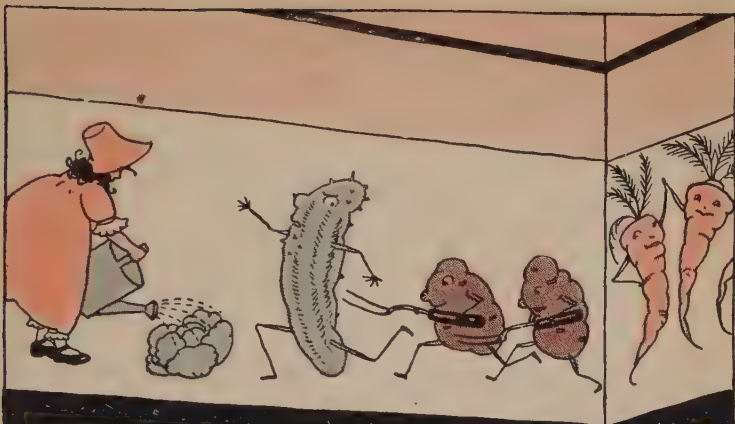
Nellie nodded her head.

"Mr. Rice sent away to Washington for that seed. He told me that nobody else in the entire valley had it. It is the biggest squash grown. He is not going to plant any this year, and he has given me all his seed. If I have good luck, I may have the largest squash in the valley and take the prize at the fair."

"That would be jolly," said Ralph Watch. "I want to grow very sweet and tender beets."

If you had looked inside the schoolroom the next morning, you might have thought, if your eyes had not been very sharp, that the vegetables had already grown and been harvested. A strip of paper about eighteen inches wide and long enough to go around the schoolroom was fastened to the wall as high up as the top of the blackboard. On this strip of paper the children had drawn colored pictures of the vegetables that children should eat. Here was a group of carrots taking hold of hands and dancing merrily. After that was a team of six red, juicy-looking beets drawing a big bottle of milk. Here was a pretty little girl bending over to water a fine green head of lettuce. The head of lettuce was smiling, as if saying, "I love the refreshing rain, don't you?" Did I say that all the pictures were of vegetables good for children to eat? Then I was mistaken. Here is a big green, prickly, ugly-looking cucumber. He is running just as fast as he can from several potatoes, who are chasing him with long forks. I do hope they will catch him, don't you?

There are many other pictures. Can you guess what they are?



Vegetables are good to eat
This truth I will repeat
Eat some cooked, eat some raw
To be healthy obey this law.



On the blackboard Miss Content had drawn a beautiful picture of Jolly Jack. To the right were the words:

Vegetables are good to eat,
And this truth I will repeat:
Eat some cooked, eat some raw.
To be healthy obey this law.

Over on the wall to the left there was a large piece of paper with a printed heading which read, "Facts everybody should know about vegetables."

Nobody can be healthy who does not eat vegetables.

Potatoes, baked, boiled, or mashed (not fried), should be eaten almost every day.

Vegetables for children to eat: dried and fresh peas and beans, spinach, onions, string beans, squash, cauliflower, asparagus, carrots, stewed celery, parsnips, turnips. In summer "pot greens"—beet tops, turnip tops, dandelions, chard, and cooked lettuce. Good canned and dried vegetables may be eaten in the winter.

Vegetables for children to avoid: nearly all vegetables, except cabbage, cucumbers, and corn, may be used after the fifth year. Corn is not to be eaten until the twelfth year.

Cook vegetables only long enough to make them tender. Cook them in as little water as possible, so that the goodness of the vegetables will not be lost.

If you had visited the school on this particular morning, you would have seen and heard a very interesting lesson.

The children were talking about the vegetables they were going to try to learn to eat.

"There isn't any use in simply talking about the vegetables we do not like," said Nellie Thoughtful. "We all know that eating vegetables makes us healthy, and we all know that we do not eat enough. Let us decide to learn to like at least one new vegetable before the year is over. Perhaps during the summer we can learn to eat others. I am not very fond of spinach, but I am going to eat it every time it comes to the table. It is one of the best vegetables. You see," she said, holding up a big piece of paper, "this is a vegetable pledge." At the top of the big sheet were the words, "I will learn to eat these vegetables." Underneath Nellie wrote:

Nellie Thoughtful

Spinach

"Now, boys and girls," said Nellie, "come up and sign the pledge unless you already like all the vegetables that are good for children."

One by one they went up and put down their names and the vegetables they intended to learn to like.

Oliver Straight, as he came forward, said, "I am going to like parsnips.

"Peter Parsnip, you and I
Will be friends by and by."

Anna Stoops pledged herself to learn to like carrots. After she wrote her name she turned to the school and recited this little verse, which she had composed:

"Charlie Carrot likes to eat
Iron from the ground.
If we eat him, we shall be
Big and strong and round."

Can you make up some more verses about the vegetables? Try it.



*Wide-Awake
Boys and Girls say*



Vegetables are popular in
our school.

We are playing a game to
see how many vegetables we
can learn to like.

Boil vegetables down until there is little water
left in the cooking-pot.

*Can you answer these questions and do these
things?*

1. What vegetables do you like to eat? Choose one
vegetable good for children that you will try to learn to
like this month.

2. How many in the class would like to sign a vegetable
pledge?

3. Have a vegetable race. Put on the blackboard a
list of vegetables and below the number of children
who ate that vegetable every day. At the end of
the week add up the different columns and find out

who won. It is an interesting game to play. This is the way you might plan the race on the blackboard:

	 Carrot	 Onion	 Parsnip	 Lettuce	 Tomato	 Spinach	 Beet	 Cabbage
SUN.								
MON.								
TUES.								
WED.								
THURS.								
FRI.								
SAT.								
WHO IS THE WINNER?								

4. Make up some more rimes on vegetables.
5. Look over your seed catalogues. Cut out some of the vegetables and make some health posters.
6. Can you add anything more to this story?



XIX

THE ABSENCE OF JAMES STUBBS

Every Monday morning the Wide-Awake Health Club had a very interesting meeting. All those who had been absent even for one day the week before were to tell why they were absent and whether that absence could have been prevented. The boys and girls were doing everything they could to have fewer absences.

If you had visited the club this morning, you would have seen Herbert Think-Well in the chair.

"Schoolmates and members of the club," he was

saying, "I believe these Monday meetings are helping us to make a good record. We are proving that it pays to be healthy, but we can do better still. Just why were some of us absent last week? James Stubbs, you are at the head of the list. You missed four days. What was the matter?"

James arose, the thumb of his right hand bandaged.

"It happened in this way," he said. "I have a bunny. A little over a week ago I was building a new cage for him. While using my jackknife I cut my thumb. It bled only a few drops. I did nothing to it and went on with my building. The next day it was a little sore, and the next day even more so. My thumb began to swell and ache so that I could get no sleep last Monday night. The next day I went to the doctor; who told me that I had better not try to go to school that week. That is the story."

"We are sorry it happened, James, but couldn't you have taken better care of your thumb?"

"Yes; I asked the doctor about that. He wanted to know whether my hands were clean and whether the knife was clean. I told him that I

thought both my hands and knife were very much soiled. He asked me what I did for the cut, and I told him I did nothing. He said that people sometimes lost their fingers and hands because of such carelessness."

"What should you have done?"

"The doctor gave me some good advice. The first thing to do is to cleanse the cut thoroughly with hot water and soap. Then cotton soaked in a boric-acid solution should be applied and bandaged tightly. If this had been done, the doctor said it would not have been necessary for me to stay out of school. This has taught me to be very careful to keep cuts clean."

"Yes," said Herbert Think-Well, "I think we have all learned something. By the way, somebody asked me whether it is a good thing to come to school when we feel sick. What do you think about it?"

"I think it would be all right," said Peter Stout. "Probably by the time you had walked to school you would feel better. By going to school you would then save a point for the Drowsy Town School."

"I do not agree," said Rose Plumpkins. "Suppose you were coming down with measles or diphtheria; by going to school you would perhaps be sicker than you otherwise would, and you would be absent longer."

"There is still another reason," said Billy True.

"What is it?"

"If it were something catching, like diphtheria or measles, the whole school might get sick."

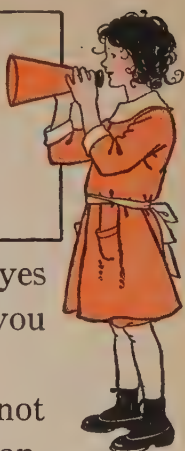
"Here's Dr. Wise. Let us ask him," said Peter Stout.

"I think Rose is quite right," said the doctor. "If pupils really feel sick, the best thing to do is to stay at home and go right to bed. Probably in a few days they will feel like going to school again and be all right. Often severe sickness is prevented in this way. If they grow worse, then the doctor should be called."

If you were to stay longer in this schoolroom, you would hear the other reasons why the boys and girls were absent and what they might have done to be present. Can you finish this story? Just why, for example, was Nellie Thoughtful absent for two days?



*Wide-Awake
Boys and Girls say*



It pays to keep your eyes open all the time when you are awake.

When you are hurt do not forget to keep the wound clean.

It pays to keep away from people who are sick.
When you are sick go to bed and stay there until you feel better.

Can you answer these questions and do these things?

1. Why was James Stubbs absent?
2. What would you do if you hurt your finger so that it bled?
3. Play that somebody in the class has cut his finger. Take care of it as if it were a real cut.
4. How should one handle a knife so as not to cut himself?

5. Why is it better to go to bed than to go to school if you feel sick?

6. Burns are often painful. If you get burned, try to keep the air away from the part that is burned. Put the burned part in water to stop the pain. Put on the burns soft cloths wet with soda water. If the skin is broken use vaseline. Did you ever get burned? Could you have helped it? What may children do to keep from being burned?



XX

TRAINING FOR BASEBALL

The world was full of music and song. Spring had really come. The birds were finding their way northward. The robins chirped from the cherry trees as if they were looking forward to the ripe fruit. The fat bullfrogs down in the pond were beginning to make merry. The farmers were beginning to plow the fields, and the orchards were white with blossoms.

Nature was awakening from a deep sleep; and with that awakening the baseball team, under the leadership of Captain Peter Stout, began to show signs of life. Every afternoon after school the boys were seen practicing in Joseph Smith's field.

Peter was very proud of his team. "It has never had its equal in Drowsy Town," he said, "and if the boys keep on tending to their business and work hard, we shall beat Cherry Hill easily."

The boys were very fond of Peter. They said that when he was the pitcher his ball traveled swiftly and made all sorts of curves.

But that made little difference to Billy True, who stood back of the bat with a head and chest protector and seldom let a ball go by.

"Billy's the best catcher in the valley," said all the boys.

The big game with the Cherry Hill School was set for June 15. Everybody, big and little, was trying to do his part to help the team win.

One of those most interested in the team was Miss Content.

"Peter," she said to him one day, "a cousin of mine who is in college and is one of the very best



M. DAVIS.

players on the baseball team is going to visit me tomorrow. I have told him many interesting things about the boys and girls of this school, and he is very anxious to meet you."

"Good," said Peter; "wouldn't it be fine if he could talk to the team and give us some good advice so that we might play better?"

"I thought of that and suggested it to him. He said he would be very glad to speak if he were asked."

The next afternoon Jonathan Pride came to school. He was a favorite from the first. The children liked his happy smile. It was at recess time that he won their hearts. He walked on his hands, turned handsprings with ease, and made such a long running-jump that the children fairly held their breath. And after school he went over to Smith's field and practiced baseball with them. It was great fun. The boys enjoyed him and learned many new ideas about playing ball.

They had played for over half an hour when Captain Stout blew his whistle, and all the boys came in.

When they were all seated in a circle Peter

turned to them and said: "Mr. Pride plays on a big team at the college over beyond the hills. We sometimes read his name and see his picture in the newspapers. He is going to give us some advice on how to have a winning team."

Jonathan Pride smiled, showing a beautiful set of pearl-white teeth. "Boys," he said, "I am sure you are going to have a winning team because you are playing well and with a win-or-die spirit. To do anything well, we need to practice every day. Practice is what counts. You think it is wonderful to see the fingers of a pianist glide over the keys, but it took many months and even years to learn to do it so well; it is the same in baseball. Keep on practicing. Captain Stout is a fine leader, and if you follow him, you will get along well.

"But to win," he went on, "you must not only practice but keep physically fit. That means you must have good health."

"May I interrupt for just a moment?" asked Peter Stout.

"Certainly."

"You might be interested to know that every boy on this team weighs what he ought to for his

height and age. We made up our minds to try for this, way back in the winter. James Slimkins, one of our best players, has just come up to the standard weight and is playing for the first time."

"Good," said Jonathan, "I see you are working in the right way. Would you like to know what our team does to keep healthy?"

"Yes, yes," cried the boys.

"Well, every boy is expected to eat plenty of good nourishing food, especially to drink plenty of unskimmed milk. I see you are doing that in your school. That's fine. We do not drink tea or coffee. We eat plenty of fresh fruit and green vegetables.

"Our captain says that we must keep clean inside and out. At least twice a week we take warm baths, and we take cold sponge baths once a day. It is just as necessary, if not more so, to keep clean inside as outside. We have a regular time to visit the toilet for a daily bowel movement. That time is usually after breakfast. No boy who fails to have a daily bowel movement can keep physically fit and play ball well. One way to keep clean inside is to drink plenty of good water. You

ought to drink several glasses between meals. It would be a good plan to drink some at every recess. Fresh fruits and vegetables also help you. Depend upon it, boys, if you do not keep clean inside, you will not be worth much at playing ball or getting your lessons.

"Another thing that is absolutely necessary is plenty of sleep. It is during the hours of sleep that your body is being built up ready for hard work the next day. Unless you have a good night's rest you will not be fit for study or baseball. Then, too, as you know, sleep helps to bring our weight up to standard.

"A good ball player gets to bed early at night. You should all be in bed at least by eight o'clock. If you go to motion-picture shows, be sure to see good pictures and go in the afternoon. Do not go often. The air at motion-picture shows is usually bad. It is much better to play out in the sunshine and fresh air. Do not forget to get plenty of sleep. It will help you to play ball and also to do your work in school better.

"Boys who spend all their spare money at candy stores and soda fountains will not be

healthy enough to play good ball. Ice cream and candy are good foods taken at the end of the meal; but if taken between meals, they make one lose his appetite for good, nourishing food. Soda water and other drinks cause stomach ache and indigestion. Take my advice. Save your money for other things and be healthy.

"There are a number of other things I might mention, but there is just one other thing I must say. The boys on our team, which has won more games than any other team in the state for the last five years, do not use tobacco. Tobacco is a poison, not a food, and it tends to weaken the body, especially the bodies of growing boys. Do not be deceived by what some boys tell you. Tobacco is never good for growing children; it may not be especially harmful for grown men, but it will never help any athlete to win a game.

"Boys, to win against Cherry Hill keep yourselves in the very best of health, and do not forget to have a good night's rest just before the big game. I hope to be able to shout for your team."

The boys clapped their hands.

"Thank you, Mr. Pride," said Peter. "You

have given us some good advice, and we mean to put and keep ourselves in fighting trim."

While Peter was talking a little group of children, mostly girls, was seen coming across the field from the schoolhouse waving a paper and shouting "Hurrah!"

As they came nearer Rose Plumpkins was seen to be the girl with the note.

"A message from Miss Content," she shouted. "The report has come from the Cherry Hill School. We beat the Cherries this month by 35 points. They had 60 absences; we had 25. We have won for the month of April. If we win next month, we shall win the contest."

It took just a minute for the boys to understand. Then you should have heard them shout:

"Boom-a-lacka, boom-a-lacka, bow-wow-wow!
Ching-a-lacka, ching-a-lacka, chow, chow, chow!
Boom-a-lacka, ching-a-lacka, who are we?
Wide-Awake Health Club, Vic-to-ry!"



*Wide-Awake
Boys and Girls say*



It takes healthy boys to play
ball well.

Keep clean inside and out-
side.

The soda fountain and the candy store are not
friends of Wide-Awake boys and girls.

Sleep and rest are our best friends.

Motion-picture shows in the evening will not
help you hit the ball the next day.

No good athlete smokes cigarettes; they spoil
his wind.

Cigarette smokers are poor runners.

*Can you answer these questions and do these
things?*

1. Do you have any friends who play on a baseball
team or a football team? Try to find out from them just
what one needs to do to be a good player.

2. No baseball or football player is allowed to drink whisky, beer, or wine. Would such drinks be good for an engineer? Why?

3. Read the chapter to find out just what a good ball player needs to do to keep healthy. If you took the same care of your health, would it help you in school?

4. Write another yell for the Wide-Awake Health Club, for your class, or for your school, something like the one at the end of this chapter. Have something about health in it.



XXI

PLAYING RESTAURANT

"Miss Content, isn't that a fine apple?" inquired Nellie Thoughtful, holding up a picture of an apple she had drawn and colored with her crayons.

"That's splendid," said Miss Content. "It looks almost good enough to eat. I think I will ask for it when we begin to order food at the restaurant."

Miss Content smiled as she watched Nellie cut out the picture from the stiff paper. The whole pattern looked like the one on the opposite page. When it was folded along the check marks it stood upright as if it were really and truly an apple.

James Slimkins was cutting out a glass of milk from stiff paper, Oliver Straight was making a drawing of a dish of spinach, and under Rose Plumpkins's fingers was growing a dish of big brown baked potatoes. Every boy and girl in the Drowsy Town School was making pictures of luscious fruit, vegetables, and other kinds of food.

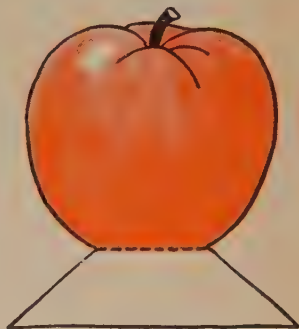
"Shall we have coffee in our restaurant?" asked Paul Grimyjo.

"That depends on the kind of restaurant we are going to have," replied Herbert Think-Well.

"Wouldn't it be better to have a restaurant just for children?" suggested Billy True. "If we did that, of course we wouldn't have coffee or tea or pickles or anything else that children ought not to have."

"That's a splendid idea," cried the children. "Let us call it the Children's Restaurant."

"I think we ought to have a sign," said Peter Stout. "All restaurants have them. I believe I



could make a sign much better than I could draw a picture. If nobody else cares to make the sign, I should like to help in that way."

"Peter makes fine letters," said Miss Content. "I feel certain the children would be glad to have you make the sign."

"All right," several of the children said, "we should like to have Peter make the sign."

"Even if we can't all draw or letter as well as we should like to, there are several other things we can do to help," said Elizabeth Wainwright. "I went over all the magazines in the attic and found some excellent advertisements for bread, milk, oranges, cereal, and other good things to eat. See how pretty this is," she said, as she held up a colored picture of a dish of sliced peaches.

"I am going up into our attic this very afternoon to look around," said Benjamin Search.

"And so am I," said Olive Perkins.

If you could have seen the faces of these children, you would have known what a happy time they were having. How disappointed they were when the lesson on drawing and health came to an end! Some of them took time from the recess



Marguerite Davis

period for the drawing and cutting, until Miss Content suggested that they ought to have that time for play in the open air. Many of the children took their work home with them. During recesses and after school you might have seen them gather in groups talking about what foods were good for children.

Finally the time came when the children thought that they had collected pictures enough. There was a long table covered with good things to eat. Miss Content said that even if they were made of paper, they were beautiful and so much like real food that they made her hungry. The children were eager to begin.

Nellie Thoughtful said that before they really began to play restaurant they ought to have a menu, or bill of fare, just like all good restaurants. The children all agreed to that and began at once to make plans. William Rideout, who was very anxious to help, said that he had received a typewriter as a Christmas gift and would be glad to typewrite the bill of fare. When it was finished it looked something like the bill of fare on the opposite page.

CHILDREN'S RESTAURANT

BREAKFAST

Piece of hard toast, 2 cents	Bacon (one slice), 1 cent
Glass of milk, 3 cents	Apple sauce, 5 cents
Oatmeal, 4 cents	Poached egg, 4 cents
Cream of wheat, 4 cents	Cream toast, 3 cents
Piece of brown bread and butter, 2 cents	Orange, 4 cents
	Stewed prunes, 2 cents

DINNER

Cream of potato soup, 3 cents	New beets and beet-top greens, 6 cents
Bean soup, 4 cents	Mashed potato, 4 cents
Vegetable soup, 4 cents	Boiled potato, 4 cents
Lamb stew, 12 cents	Piece of bread and butter, 2 cents
Hamburg steak (one ball), 8 cents	String beans, 7 cents
Glass of milk, 3 cents	Custard, 5 cents
Spinach, 6 cents	Ice cream, 5 cents
Dandelion greens, 6 cents	Prunes, 3 cents

SUPPER

Milk toast, 8 cents	Lamb stew with vegetables, 14 cents
Potato soup, 4 cents	Glass of milk, 3 cents
Rice and milk, 4 cents	Bread and butter, 2 cents
Baked potato, 4 cents	Stewed prunes, 5 cents
Squash, 5 cents	Stewed peaches, 5 cents
Spinach, 5 cents	One orange, 4 cents
Celery, 6 cents	

NOTE. Teachers and pupils may consult with profit the menus in Lucy Gillette's, "Diet for the School Child," United States Bureau of Education, Washington, D.C.

Before they began to play the game the children thought it would be a good plan to talk about some of the things that would help them to choose a breakfast, dinner, or supper. Here are some of the suggestions that might help you:

1. Drink at least a pint of milk every day. Do not drink coffee or tea.
2. Eat at least one vegetable besides potato every day.
3. Eat some fruit every day.
4. Eat cereal for breakfast. Home-cooked cereals are best.
5. Remember that meat every day is unnecessary.
6. Eat an egg every day when they are not too expensive.
7. Drink at least four glasses of water every day. Do not wash down your food with water at mealtime.
8. Eat slowly and chew your food well.
9. Eat little candy, and eat it after meals—never before or between meals.
10. Never go to the table without first washing your hands.

11. Avoid fried food of any kind, such as fried potatoes, fried meat, etc.

12. Always try to make mealtime the very happiest time of day.

You should have been there the first day the children played restaurant. Rose Plumpkins and I went in together. As we walked over to the corner of the room where the restaurant was we came to a table where Billy True sat. He passed us a check, which looked something like the one shown on this page.

"Billy is such a good treasurer for our club we thought it would be nice to have him for the first cashier of our restaurant," said Rose. "Next week we are to have a new cashier."

CHILDREN'S RESTAURANT

Wide-Awake Health Club

1	10	\$1.00
2	15	2.00
3	20	3.00
4	25	4.00
5	30	5.00
6	35	
7	40	
8	45	
9	50	
	55	
	60	
	65	
	70	
	75	
	80	
	85	
	90	
	95	

(Pay highest sum punched in
each column)

As we sat at the little table the waiter, Nellie Thoughtful, handed us the menu. Oh, there were such good things to eat!

This is what Rose chose for her dinner:

Bean soup
Spinach
Mashed potato
Two slices of bread and butter
Prunes
Glass of milk

What would you have had if you had been in my place?

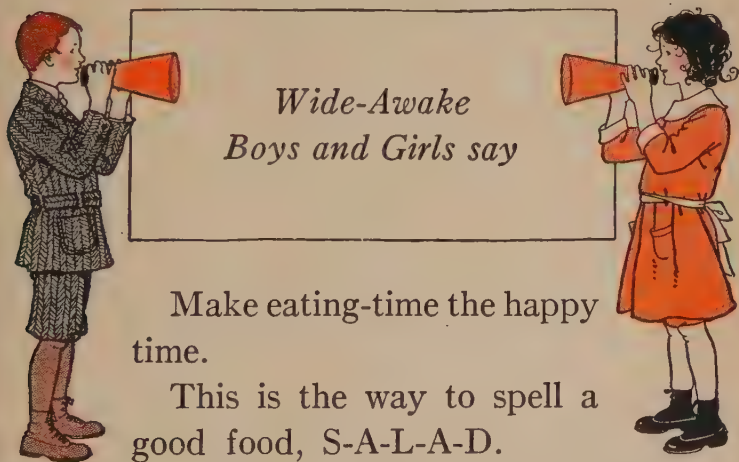
The dishes and the food were all made out of paper, but we made believe that both dishes and food were real. We told Nellie Thoughtful that the whole-wheat bread was excellent, the lamb stew with vegetables delicious, the spinach the best we had ever eaten, and the milk fresh and creamy.

When we had finished, Nellie came around and punched our checks.

We were curious to know whether our checks were right, so we figured them up. How much was Rose's bill? How much would your bill have come to if you had been in my place?

Well, we found our checks were punched correctly, so we passed them to Billy as we went out, and paid him. Each of us handed him a dollar bill. How much change should he have given us?

If you ever play restaurant like this, I am certain you will like it. It's great fun! Then you learn what kinds of food to eat to make you happy, healthy, and strong, and you get fine practice in arithmetic.



Make eating-time the happy time.

This is the way to spell a good food, S-A-L-A-D.

When you are hungry buy food that will make you grow.

Children need little meat.

Can you answer these questions and do these things?

1. Should you like to play restaurant? Begin to plan for it. How many tables do you need? How many chairs? Make out your menus. Should you like to add anything to the menus on page 161? Why? Shall you use checks? If so, make them.

2. With the help of your teacher or special drawing-teacher begin to make the patterns and cut-outs for your foods. Look through magazines for cut-outs of foods.

3. For tomorrow's lesson make out a list of foods you will have for breakfast, dinner, and supper.

4. What can children do to make mealtime the happiest time of the day?



XXII

WHICH MARKET?

A tramp over the hills and through the woods
and a lunch out of doors!

Who wouldn't like to be a boy or girl in the
Wide-Awake Health Club?

For a long time Miss Content and the children
had been talking about this trip. The boys and
girls loved to walk with Miss Content because she
told them so many interesting things about the
trees, the birds, the insects, and the flowers.

They decided to go for the tramp on a Saturday,
so they began to make their plans: where they were
to go, when they were to start, and what they were

to eat. I shall not tell you all about that wonderful Saturday in the open air, what appetites the children had, how rosy red their cheeks were at night, how tired they were, and how soundly they slept. You can imagine all that and more too. Perhaps you would like to write that part of the story yourself for the class.

When the members of the Wide-Awake Health Club began to think about what they were to eat they found that they needed to buy some food at the store.

"Since we have been trying so hard in this school to be healthy," said Oliver Straight, "I have often wondered whether all the stores of Drowsy Town were clean and were selling good food. I believe that the committee that buys food for us ought to look over all the places where foods are kept and choose the best one. The Wide-Awake Health Club must be wise and buy nothing but the best kind of food."

"That's right," said Peter Stout.

"I agree," Rose Plumpkins chimed in.

Finally a committee was chosen to go down town to look over all the stores.

The next day they reported.

"I visited the market on Line Street," said Sally Sharp. "The first thing I noticed was the fruit on the stand in front of the store. It was not covered at all. Dust from the street fell on the fruit, and flies were crawling over the strawberries and asparagus. The market man who came out to try to sell me something also had on a very dirty apron, and his hands did not look clean. There were no screens on the doors or windows. My brother Jack says he has seen mice and rats run across the market floor in the daytime. I decided that no Wide-Awake Club would care to have food from that store, and I went on farther down the street."

"The market I visited," said Betsy Robbins, "was very clean in front, but as I went up the alley I noticed how filthy the back part of the store was. There were some uncovered garbage cans where swarms of flies buzzed around, and there was a very strong, disagreeable odor. As I glanced through the back door I was disgusted with the looks of the back room. The floor was black with filth, and nothing looked clean.

As I went past the front of the store I whispered to myself: 'Your store seems quite grand in front, but I have found you out. Your food is not good



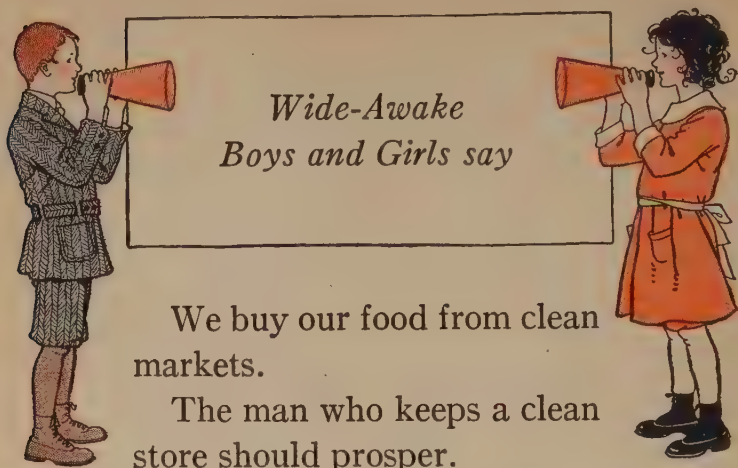
enough for the boys and girls of the Wide-Awake Health Club.'"

"I found just the right place," remarked Rosemary West. "It is at the corner of Park and Winthrop Streets. The store is painted white inside and out. All the fruits are screened. The meats are covered with glass. The windows and

doors are screened. The clerks have nice clean white aprons. The whole store, including the back room, is just as clean as my mother's kitchen, and that could not be cleaner. I decided that this market, kept by Joseph Honor, was just the place where we ought to buy our food, so I suggest that we buy our fruit, our bread, and anything else we need at Mr. Honor's store. It is one place in Drowsy Town of which we may feel proud. Let us hope that the other market places will improve."



I think you know that the Wide-Awake Health Club did buy its provisions at Mr. Honor's market. The fathers and mothers of the children also began to buy food there for their homes. At last the other markets noticed that they were losing trade. It did not take them long to find out why. What do you suppose they did? They began to wake up. Can you tell just what happened?



*Wide-Awake
Boys and Girls say*

We buy our food from clean markets.

The man who keeps a clean store should prosper.

Flies, dirt, and sickness are companions.

Rats do not thrive in a wide-awake town.

Can you answer these questions and do these things?

1. How many stores in your neighborhood have food for sale? Visit several stores some day and notice carefully everything you see. Which ones would you prefer to buy from? Why? Which ones would you refuse to buy from? Why? Write a very careful report for your class.

2. What food do you think the boys and girls of the Wide-Awake Health Club took with them on their tramp? Is tramping good for one's health? Why?



XXIII

DROWSY TOWN SCHOOL CHANGES ITS NAME

The big room of the Drowsy Town School was crowded. Some of the people who were there you already know. There was Silas Nod, looking much brighter than you have ever seen him before, and Jimmy Pound-Away, and most of the people of Drowsy Town who could get into the room. Of course all the fathers and mothers of the children were there.

Up in the front of the room was a stage with a drawn curtain.

Everybody was waiting. What did it mean? Can you guess? Perhaps you could, but it might take such a long time that I couldn't wait, so I am going to tell you.

It was a celebration. June 1 had come and gone, and the Drowsy Town School had won in its contest with Cherry Hill School, as it had in three previous months. The Wide-Awake Health Club decided that they ought to have a celebration so that they might earn money to buy some things which the school needed for the health of the children. The tickets had been sold, and here were the people. Everything was ready.

Look, the curtain is going up. Miss Content is on the platform, ready to speak. How happy she looks!

"Ladies and gentlemen, friends of Drowsy Town School," she began, "this is a great day for this school and this town. I am sure you are proud of your children and your school. The great victory which the boys and girls have won was planned and carried out by the children. Herbert Think-Well, the president of the Wide-Awake Health Club, will tell you about it."

The audience clapped as Herbert stepped forward.

"Friends," he said, "may I say first of all that we could never have won against the Cherry Hill School without Miss Content. It was she who encouraged us to do the things we wanted to do to make us healthy, and without that freedom and her help we could never have succeeded."

Again the audience clapped.

"You know," he went on, "that for many years the Cherry Hill School has beaten us in playing baseball. Nobody remembers that we ever won. This year we started a new contest to find out which school could have the smallest number of absences through the year, counting by months. The one that won four out of seven months was to be the winning school for the year. We have just won for the fourth time, and easily, too." He pointed to a graph on the blackboard. "If you look at this, you will see that we gained every month in the year and have been ahead of the Cherry Hill School since November. During the month of May we had only ten absences. [Applause by the audience.]

"For years this school has been called the Drowsy Town School. It is no longer drowsy. It is a wide-awake school. I propose, therefore, that we change the name of the school and call it the Wide-Awake School. I have asked Mr. Nod, the chairman of our school board, about it, and he has agreed. Tomorrow morning some painters will come and paint over the old letters, and you will see the new name of our school."

Silas Nod smiled and nodded his head with approval.

"Now, I am sure you would like to know how we won this great battle. Allow me to introduce to you Miss Rose Plumpkins, who will be glad to tell you something about the story."

"This story," said Rose Plumpkins, "is the story of how we waked up. We wanted very much to beat the Cherry Hill School. We didn't know how at first. We tried very hard, but the first month they beat us badly. Then we found out that most of our absences were caused by illness, much of which was unnecessary. We saw then that the way to win was to study how to be healthy. We began at once to drink plenty of

milk and at least four glasses of water a day, play every day in the open air, eat vegetables and fruit, and practice all the rules of healthy living. All those who were much underweight needed especially to gain in weight and improve in health. From the moment we began to try to improve in health our absences began to be fewer in number, until at last we won. We believe that we have saved our fathers and mothers much worry and money because we have learned how to be so healthy. We also think that we have done much better in our studies. We have been told that being healthy helps a baseball team to win. Our team is learning to be healthy as well as to play baseball. On June 15 we play ball with Cherry Hill. Come and see healthy children play and win baseball!" [Clapping.]

"Billy True has something very important to say," announced Herbert.

"When we began to sell tickets for this celebration we thought we should have this afternoon only for the celebration, but we have sold so many that it will be necessary to give another entertainment next Friday afternoon. I want to tell you

that as the treasurer I have received \$50 from the sale of tickets. [Applause.]

"You may wonder what we expect to do with the money. There are a number of things we

need in this school to help us to be healthy, and we expect to buy them.

"First of all, we need a drinking-fountain, and need it badly. You all know that it helps to spread disease for any person to

drink from another person's cup. We used to do that in this school; but this year every child brought his own drinking-cup, and the cup was hung on a nail with the child's name pasted just below. It was hard to keep the cups clean, and sometimes they were so much alike that they got mixed up. Something just had to be done. We can now buy a fine drinking-fountain, so that cups will no longer be necessary.



"At the beginning of this year we were all using the same towel, but we soon learned that that was dangerous, because one child who had sore eyes and used the towel passed the trouble on to others in the school. Finally over a dozen children had the same kind of eye trouble. We now bring our own towels from home, but it is hard for all of us to remember, and some of them are lost or exchanged by mistake. The paper towels are best for schools. We now have money enough to buy towels to last for a long time.

"We also need a new oil stove to prepare hot lunches for the children who cannot go home for dinner. Mrs. Watch gave us an old one this year, but it is worn out, and we need another. Perhaps some of you have a stove which you would like to give the school. If not, we shall buy one.

"These are some of the ways, ladies and gentlemen, that we expect to use the money. We thank you for your kindness in coming and in buying so many tickets." [Applause.]

I wish you had been there to enjoy the rest of the program. Every boy and girl took part. There were health songs sung by the whole school,

and health processions with banners. Some of the banners read as follows:

NOBODY IN THIS SCHOOL DRINKS TEA OR COFFEE

WE ARE ALL GAINING IN WEIGHT

WE ALL DRINK MILK

IT HELPS TO MAKE STRONG BOYS AND ROSY-CHEEKED GIRLS

EVERY BOY AND GIRL IN THIS SCHOOL HAS LEARNED
TO EAT MORE VEGETABLES THIS YEAR

WE TRY TO KEEP CLEAN INSIDE AND OUTSIDE

There was a splendid display of health posters. The health play, written by Rose Plumpkins, was full of fun and pleased the audience greatly. Ten children took part in it.

At the last was a health song, entitled "Our Health Campaign," sung by a group of children.

"Oh, the health campaign is with us;
And we must strive to see it through;
So it's eat and eat and eat some more
For me and you.

"We must always keep on caring
· For our bodies strong and true,
For we mean to show our country
What the boys and girls can do."

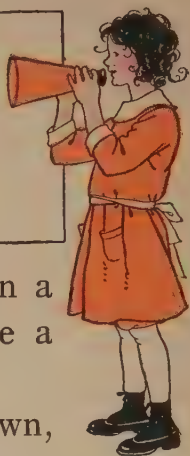
"Perhaps Mr. Nod would say a word," said Herbert Think-Well at the very end.

Mr. Nod arose, wiped his glasses, hesitated, and then said: "Boys and girls, I know all the citizens of our town are proud of you. We older people are trying to keep up with this health procession by cleaning up Drowsy Town. We now have clean streets. We are making a great fight to get rid of flies and mosquitoes; a garbage man has been hired to collect the garbage every Monday morning, and we have dug several ditches to drain the swamps. You have noticed that screens are on the windows and the town seems a different place from what it was a year ago. We owe much of this to you, because you were first to wake up.

"We are tired of being called Drowsy Town. If you win the baseball game, we expect to change the name of our town to 'Wake-Up Town.' May you all prosper in learning how to live as healthy, happy boys and girls."



*Wide-Awake
Boys and Girls say*



It's a disgrace to live in a drowsy town and to have a drowsy school.

If you live in a drowsy town, do what you can to wake it up.

We all wipe our faces and hands on paper towels.
We have a drinking-fountain.

Hot lunches are served here for children who cannot go home for dinner.

Can you answer these questions and do these things?

1. Do you have individual drinking-cups in your school, or a fountain? Do you feel certain that your drinking-water is pure? Why?

2. Do you have a good place to wash your hands at school? Do you have individual towels and liquid soap? Are you able to keep clean at school? If not, why? Is there anything that you can do for cleanliness?

3. Do you carry a lunch to school? Do you buy a lunch there? What did you have yesterday for your luncheon?

4. Is there anything you need at your school for the health of the children? What is it? Can you think of some way of getting it?

5. Make a graph like the one Herbert pointed out on the blackboard.



XXIV

THE BOOK OF HEALTH DEEDS

Miss Content was looking into the clean and happy faces of the boys and girls of the Wide-Awake Health Club. "Children," she said, "we have had a happy and successful year. Perhaps we can do even better next year. Some of you will not come back to this school next year, but most of you will. But whether you come back or not, I believe it would be splendid to have a record of what each of you did to make this school the healthiest school in the county. What do you think about it?"

"Why couldn't we write a book? Each of us could write a chapter," said John Watch.

"I like that," said Nellie Thoughtful. "We might illustrate it by putting in snapshots of ourselves and other photographs and drawings."

"See, I have a fine picture of the schoolhouse," said Peter Stout, holding up a photograph.

"Wouldn't it be fun?" chuckled William Ride-out. "I will do the typewriting if you care to have me."

"Thank you, William, that would be so much better than to write with a pen."

So the children began to work. First they made a design for the cover of the book. One day when I was at the school I saw the finished book. How neat and interesting it looked!

Let us wander in and peep into it.

Hello! here is a chapter by Sally Stoops. She used to have such round shoulders. I wonder what she has to say for herself. This is the story of Sally Stoops:

When we were weighed at the beginning of the year I was eighteen pounds underweight. I always seemed to be so tired that I often slid down in my seat and bent for-

ward when I walked. Father tried to get me to walk with my head and shoulders erect by making fun of me and calling me Granny Stoops. I always felt too tired to stand and walk right. One day my brother Robert took my picture, and when I saw how crooked I looked I made up my mind



that I would look better. I drank plenty of milk, ate green vegetables, and went to bed at half-past seven every night. I slept on a low pillow. I tried to look up at something high when I walked, and I played that I was a soldier. I tried to break myself of the habit of bending over my books. I began to gain in weight every month, and as I gained in weight I felt stronger. Look at my picture now and see how much better I look. Don't you like this picture much better than the one that was taken at the beginning of the year? If I keep on gaining in weight, I should look even better by next year.

This is the story of Paul Grimyjoe:

I was much underweight at the beginning of the year also. One reason was because I either refused to eat any breakfast or I simply drank a cup of coffee. But I learned through our Wide-Awake Club that I could never be strong and play on our baseball team until I stopped drinking coffee and ate a good breakfast of cereal and milk with some toast and a bit of fruit. Finally I learned to eat a good breakfast. I am ashamed to say that I had never learned the joy of keeping clean. I noticed that our teacher never seemed to like to have me pass clean papers in school. She often remarked about the clean blouses that the other boys had on, but she never said anything to me. One day I went home feeling pretty bad about it. Mother was busy. I washed my own blouse. When I went to school the next day the teacher looked so happy to see me clean that I have kept that way ever since. I must tell you also that I have broken the habit of putting my fingers in my mouth. It's a bad habit and often makes one sick. I am quite a different-looking boy from what I was at the beginning of the year. I think I ought to have a better name than that of Grimyjoe, don't you? Miss Content and I are trying to find one.

This is the story of Nettie Thin-kins:

I must tell you how fast I have gained. I was a good deal underweight because I ate so many sweets. Between meals I ate a large amount of candy. At recess

time I always went to the corner grocery to buy a lollipop. I began to look pale and weak. When my dinner and supper time came I did not feel like eating the good food my mother put on the table. I fussed and nibbled at my food as if it would hurt me if I ate it. When we began to try to beat Cherry Hill I saw that I was not a good member of the club because I was not healthy. I decided not to eat any candy except a piece now and then after meals for dessert. How hungry I was when meal-time came! I could hardly wait! How I did gain! At the end of the first month after I stopped eating candy between meals I gained three pounds. The roses have come back to my cheeks now, and I heard mother tell father the other day that I was beginning to look pretty. It's a joy to help one's school, to please father and mother, and at the same time to feel so much stronger and happier.

This is the story of Milly Fuss:

I am afraid I was not a very pleasant child to live with. I was so eager to play that I always ate my meals in a hurry. Often I played as long as I could, and then went to the table and swallowed my food almost whole and then raced to school. When mother said something about its not being healthy I was often cross. I didn't feel well or happy. I felt so tired. When we began to get weighed I noticed that I did not gain at all. Dr. Strong once said that we ought to chew our food slowly, and I thought I would try it. At once I began to gain in weight and feel

much better. Now I weigh as much as a girl twelve years old should. Since I have learned to eat my food slowly I notice that it tastes much better. It's just fun to eat now!

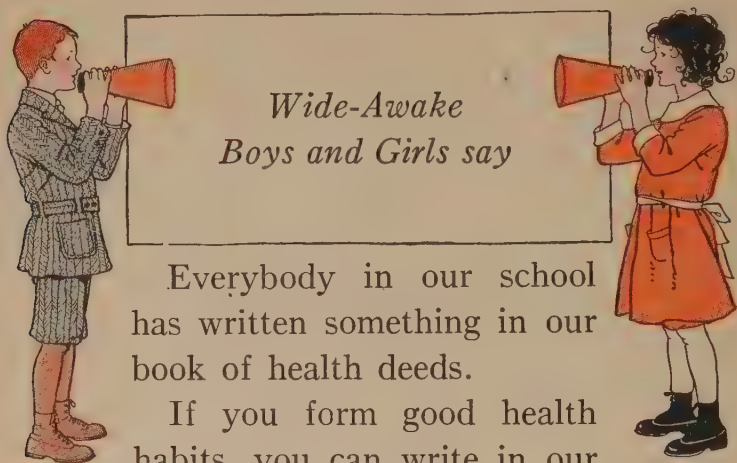
This is the story of Mary See-Far:

I tried hard to gain in weight. I drank plenty of milk, ate fruits and vegetables, went to bed early, and did everything I could, but I was much underweight. My mother thought that something was wrong with my eyes, although I seemed to see clearly. She took me to an oculist [an eye doctor] who said that I was farsighted; and although I could see, it tired me very much, especially when I read. He said glasses would help me, and they did. I gained a pound and a half the first month and am still gaining. I not only wear my glasses every day, but I am careful not to face the light when I read. I try to have it come over my left shoulder.

There are many more interesting stories in this book about the boys and girls of the Wide-Awake School, but I must look at my watch. Yes, it's time to go to supper.

What a fine school that was! I wish I were a little boy or girl so I could go to school there. I should certainly try to play on that baseball team or cheer to help it win.

The Wide-Awake School is the school for me;
On that I am sure we shall all agree.
The children are happiest, healthiest, best.
That's why this school leads all the rest.



*Wide-Awake
Boys and Girls say*

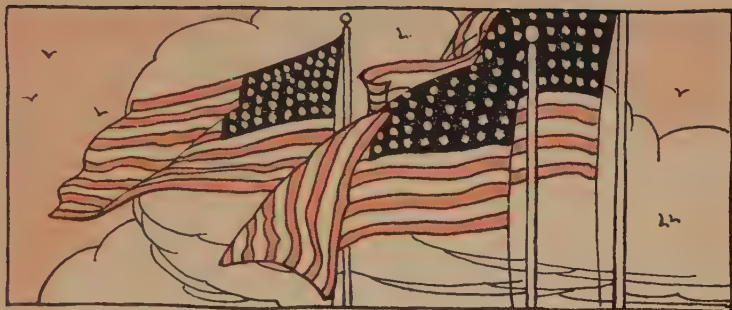
Everybody in our school
has written something in our
book of health deeds.

If you form good health
habits, you can write in our
book of health deeds.

Can you answer these questions and do these things?

1. What have you done since the beginning of the school year that you would like to write in a book of health deeds?

2. Write the story of other health deeds that you think might have been done by the children of a wide-awake school.



XXV

THE BASEBALL GAME

It was the morning of June 15, the day of the baseball game between the Cherry Hill School and the Wide-Awake School. Everybody knew it. There was a big new American flag floating from the town hall. Bunting was strung across the street. Every citizen who had a flag hung it out. The stores that kept flags on sale were entirely sold out early in the morning. Drowsy Town looked like a mass of floating flags and bunting.

Who was going to the game? Apparently everybody. Nobody talked about anything else.

As the people walked along the street they often

stopped to look at the store windows. There was a beautiful poster in Silas Nod's window made by the boys and girls of Wide-Awake School.

WILL HEALTH WIN?

COME AND SEE THE BASEBALL GAME BE-
TWEEN THE "CHERRIES" AND "WIDE-AWAKES"
THIS AFTERNOON AT 1.30 O'CLOCK

SEE US EAT UP THE "CHERRIES"

Early in the afternoon the Cherries began to arrive in automobiles, singing and shouting:

"Wah Hoo! Hoo Wah!
Wah Hoo! Hoo Wah!
The Cherries forever!
Rah! Rah! Rah!"

It was just half-past one. The baseball field was crowded. On one side were the Wide-Awakes, on the other the Cherries. The bands were playing lively music.

The Cherries went to bat.

How I wish you had been there to see the greatest game in the history of Drowsy Town!



M. DAVIS.

The Cherries began well. They made six scores the very first inning. It looked as if the Wide-Awakes couldn't play.

"Ha, ha, ha!" yelled the Cherries. "We knew you couldn't play. Haven't we beaten you for years? You were never known to win."

"Perhaps you have forgotten," suggested Herbert Think-Well to a Cherry, "the contest over the absences."

"Oh, yes! I believe you did come in ahead on that," he drawled; "but of course we didn't care about that, anyway. We are interested in playing ball and winning."

The Wide-Awakes went to bat.

Dr. Strong was on hand to encourage the players. "Cheer up, boys," he said, with a smile. "We shall win yet. It is early in the game. You are so healthy and strong, and you have practiced so hard that you are bound to win."

What an exciting game!

When the Wide-Awakes went to bat they played as they had never played before. What a wonderful home run James Slimkins made in that first inning when four scores were recorded! Every

Wide-Awake and every inhabitant of Drowsy Town was on his feet in the twinkling of an eye. Hats, umbrellas, canes, flags, and pennants were waved, and the Wide-Awakes all began to sing:

“Good-by, Cherries; good-by, Cherries;

Good-by, Cherries; we’re going to beat you now!”

How splendidly the Wide-Awakes played! Peter Stout pitched such swift curved balls that the Cherries fanned the air again and again. What a wonderful catch John Watch made in the outfield! How the scores counted up when the Wide-Awakes went to bat!

The final score was 30 to 15 in favor of the Wide-Awakes.

The Cherries soon went to their automobiles and started for home. Before going, their captain, William Blue, shook hands with Captain Peter Stout. “You played a wonderful game,” he said sorrowfully. “Of course we expected to win easily. Tell me, how did you do it?”

Just then the Wide-Awakes began to sing:

“It’s milk! It’s milk!

It’s milk that makes us feel so fine!

It’s milk that makes us feel so fine!

"It's spinach! It's spinach!
It's spinach makes us feel so fine!
It's spinach makes us feel so fine!"

"Is that what you did?" asked Captain Blue. "Johnnie Sly, who was over at your school one day, said that you were practicing hard and that you were trying very hard to be healthy. He said that you expected to win in that way, but we just laughed at the idea of health having anything to do with it."

"I think our training in health had just as much to do with winning as practicing baseball," said Captain Stout. "How can a boy play baseball when he doesn't get enough sleep or, perhaps, the right kind of food?"

"That sounds very reasonable," added Captain Blue. "Our boys have never had much training in health. Many of them stay up late at night and eat candy between meals. Nearly all of them drink coffee and tea. I fear that they are not always careful to keep clean inside and out. Good-by, Captain Stout; we shall practice health next year, so you had better watch out," he said, with a farewell wave of the hand.

So the Cherries went on their way, hearing as they departed the Wide-Awakes singing:

(TUNE: "Good Night, Ladies")

"Good-by, Cherries; good-by, Cherries;
Good-by, Cherries; you nearly won the game.
Cheer up, Cherries; cheer up, Cherries;
Cheer up, Cherries; we like you just the same!"

There was the very best of feeling between the two teams. Before the Cherry Hill party left, Peter Stout yelled, "Who's all right?"

The Wide-Awakes shouted, "The Cherries."

Joy reigned in Drowsy Town that afternoon. It was really no longer a Drowsy Town. It was now a Wake-Up Town; its name was changed at the next town meeting. The children and the older people were sleepy and drowsy no longer. They were wide awake. The whole valley rang with the shouts of the children as they came home from the game yelling:

"Boom-a-lacka, boom-a-lacka, bow, wow, wow!
Ching-a-lacka, ching-a-lacka, chow, chow, chow!
Boom-a-lacka, ching-a-lacka, who are we?
Wide-Awake School! Vic-to-ry!"



*Wide-Awake
Boys and Girls say*



Health helps to win ball
games.

Health helps in getting your
lessons.

Health helps you to earn more money.

Health helps you to be a good citizen.

*Can you answer these questions and do these
things?*

1. Write some more health songs and yells that might have been used by the Wide-Awakes at the game.

2. If you wished to play on a baseball team, what health rules would you follow? Do you think those same health rules would help a carpenter? a teacher? a business man or woman?

3. Try to add some verses to the song beginning with "It's milk! It's milk!" etc.



XXVI

A DISTINGUISHED VISITOR

Ting-a-ling! Ting-a-ling!

The door bell was ringing. Who could it be? The children all wanted to rush to the door to see who it was, but they were too polite to do that. Nobody stirred except William Tower, who always answered the bells.

William threw open the door. There stood a boy in a blue uniform holding a telegram in his hand.

He bowed. "A message for Miss Content."

Miss Content paused in the midst of showing the geography class the picture of a cathedral

which she had seen in her travels abroad, and broke the seal of the envelope. She read rapidly, and as she finished she looked up at the school with flashing eyes. "Boys and girls," she said, "I know you would like to hear this message."

Every eye turned toward the teacher. For the moment their studies were forgotten.

"Thank you, Miss Content, we should like to have you read it."

Miss Content began to read:

I am very fond of boys and girls, and I like to see them strong and healthy. The fame of Wide-Awake School and Wake-Up Town has reached me here at the statehouse. I am anxious to hear more about the splendid things you and your children and the citizens of Wake-Up Town have done for health and happiness. I shall pass through Wake-Up Town this afternoon. May I visit your school about two o'clock?

Roger Hamilton Worth

Governor of the State

"I need not tell you how proud I am to receive this message and how proud I am of you," said Miss Content. "Shall we invite the governor to visit us this afternoon?"

"Yes, yes, do ask him to come!"

When the messenger left he carried this message in his pocket:

To his Excellency, Roger Hamilton Worth,
Governor of the State:

The Wide-Awake School will be happy to receive you this afternoon at two o'clock.

Mildred M. Content

The day seemed long until two o'clock, and the children watched the hands of the clock as they very slowly turned toward the appointed time.

"Honk, honk!" There was a big automobile stopping in front of the schoolhouse.

In a minute more the governor was shaking hands with Miss Content and saying: "So this is the wonderful school I have heard about, the school where boys and girls are learning to be happy and healthy. I wish I were a boy again so that I could go to this school."

The governor glanced around the room at the health posters, the open windows, and the faces of the healthiest children he had ever seen.

"Boys and girls," said he, "I am happy to know that you are learning the secret of being happy. If you have a clean mind and a healthy

body, you will get along well in life and be an honor to your school, your parents, and your country. I want to know just what you are doing. I also wish to shake hands with each of you."

"Your Excellency," said Miss Content, "this class is a training class in health. We have drill, just like soldiers, on the rules of health. We have a daily program which we try to follow. During the year we have learned to be healthy. Once we were a very drowsy school, but we think that we are now wide awake. The children will be very happy to shake hands with you. 'As they march past, each of them will tell you something that this school has done for health.'"

The governor smiled his appreciation, and the march began. Herbert Think-Well was first. As the children told about their school, the governor's secretary copied in shorthand what was said.

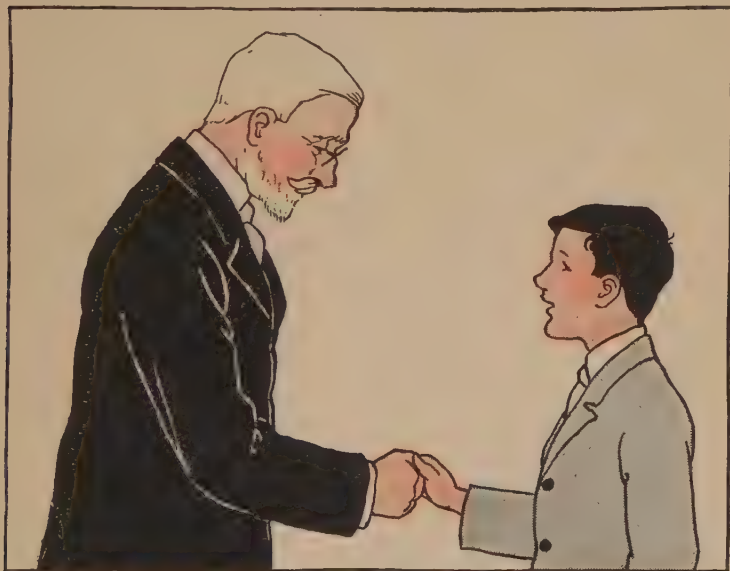
These are some of the things the boys and girls said as they shook hands with Governor Worth:

"We are healthy children. We gain in weight every month of the year."

"This is a happy school. We feel so well we cannot help being happy."

"Nobody in this school has a single decayed tooth. We go to the dentist every six months."

"Nobody in this school has dirty teeth. We clean our teeth carefully at least twice every day."



"We all eat a good breakfast every morning. We get up early enough to eat breakfast and go to school without hurrying."

"Wide-awake children have few colds. They play in the open air every day. They rest every day and get plenty of sleep. The schoolroom is not overheated."

"No child in this room drinks less than a pint of milk every day. Most of us drink a quart."

"Wide-awake children are clean. They come to school with clean faces and hands. They take a full bath more than once a week."

"Our school yard and our schoolroom are clean and beautiful."

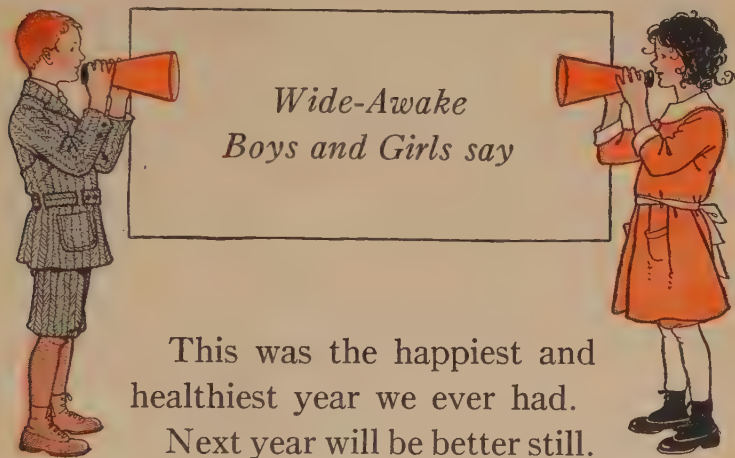
The governor was especially interested in a motion-picture device that the children had made. These pictures told the story of the Wide-Awake School and Wake-Up Town.

I have not time to tell you about the many other things the children did to entertain their distinguished guest. Perhaps you will be glad to fill in the rest of the story.

But I must tell you that when the governor went away he said: "Boys and girls, if all the children in this country would learn what you have learned about health, we should have Wide-Awake Schools and Wake-Up Towns all over this state and the United States. We should have a finer, happier, healthier America. Good-by and good luck."

Again there was the "honk, honk" of the auto-

mobile horn, and the governor and his party vanished down the long road, leaving the children gazing after them.



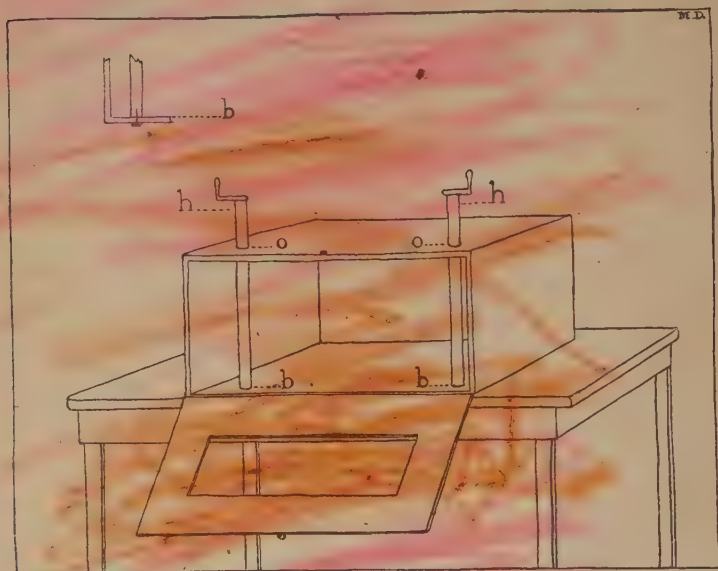
Can you answer these questions and do these things?

1. Why did the governor visit Wide-Awake School?
2. Did the visit please him? Why?
3. Can you think of other things the children might have told the governor about their school?
4. If the governor of your state or the mayor of your city visited your school, what would you be able to tell him about learning to be healthy? What did you learn to do this year?

5. Have one of the children in your class play he is governor. Act out the story of the governor's visit.

6. What needs to be done in your school, town, and neighborhood to make them wide awake?

7. Make a motion-picture device something like this:



Articles for making: box about size and shape of orange crate; two broom-handles (*h*) running through holes (*o*) in top of box and fastened with a nail driven upwards through bottom (*b*) of box (turn broom-handles around until they move easily). Fasten cover to open end of box with hinges. Have opening in center of cover, as shown in picture. Curtains may be used instead of cover. Paste health pictures on a long strip of cloth or stout paper to make a reel. Glue each end of reel to broomsticks in the open end of box. Turn broomsticks to get motion pictures.



XXVII

MR. SMART COMES BACK (Two Years Later)

Toot! Toot!

An automobile stopped in front of Silas Nod's store. Mr. Nod stepped briskly to the doorway. A stranger looked sharply at him over his spectacles.

"Would you mind telling me whether this is Drowsy Town? I was there about two years ago. I thought this was the place, but it doesn't look like it."

"This is not Drowsy Town. There isn't a drowsy man, woman, or child here. It used to be, but it has changed its name."

"What is its name, then?" asked the stranger.

"This is Wake-Up Town," replied Silas, with some pride.

"I can well believe that," said Mr. Smart. "Why, when I was here before there was so much rubbish in the street that it was hard to get through with my automobile. Now it's all changed."

"Yes; we cleaned up the whole town, and we have kept it so ever since. The children are all trained in school never to throw paper, banana peels, or waste of any kind on the street. You see," he said, pointing to a garbage can at the corner of the street, "we invite everybody to throw his rubbish into the proper place."

"Then your houses and yards look so much better!"

"Oh, yes, we had a great paint-up campaign here. Everybody painted his house and other buildings. Trees, shrubs, and flowers were set out. We try to make Wake-Up Town clean, beautiful, and healthy."

"Well, this is certainly interesting," said Mr. Smart, jumping out of his automobile and gazing around. "I never saw such a town before."



"You might be interested to know that this is sometimes called the 'flyless town,'" said Silas. "You will observe that although this is the first of September there are few flies to be seen."

"Yes, I noticed that," said Mr. Smart. "The last time I was here they swarmed like bees. How did you get rid of them?"

"That was not very hard. You see, flies breed in filth. When we cleaned up the town there simply wasn't any place for flies. Filth and flies go together. Flies carry disease, and we did not intend to run any chances of being ill. You will see that all our houses are screened. See that market down there?" he asked, pointing to a store down the street. "You will notice that all the fruit and food are protected from flies. We do not intend to have flies walking with their dirty feet over anything that we put into our mouths. Once this town was alive with big black rats, which destroy property and carry disease. We decided to get rid of them. We used traps and poison so well that now a rat is seldom seen."

The stranger shaded his eyes with his hands and looked way down the street.

"That looks as if you had a big ditch there."

"Yes, we used to be troubled with mosquitoes, and there was much malaria here. The board of health told us that mosquitoes were the cause of malaria, so we dug big ditches to carry off the water. We haven't had any mosquitoes since that time, and the malaria has disappeared."

"And that isn't all," said Jimmy Pound-Away, who had just come up to join in the conversation. "We have clean, cold, pure water here. We are also particular about our milk supply. We get milk only from healthy cows, and every effort is made to keep it clean. Since milk is such good food we use a great deal of it. We have the reputation of using more milk than any other town of the same size in the state. Since we have a clean water and milk supply, typhoid fever has almost disappeared."

Mr. Smart whistled. "I never knew a town and its people could change as this has. As I was coming into town I noticed that you have a new school building to take the place of the old wooden structure. Do you have a good school?"

"That's where Wake-Up Town stars," said Mr. Plumpkins, who had joined the group. "We

have the healthiest lot of children in the country. They have such round faces and such rosy cheeks that you like to look at them. They are just beautiful children. Yes, sir, we have a splendid school. There is none better. Miss Content is probably the best teacher in this country."

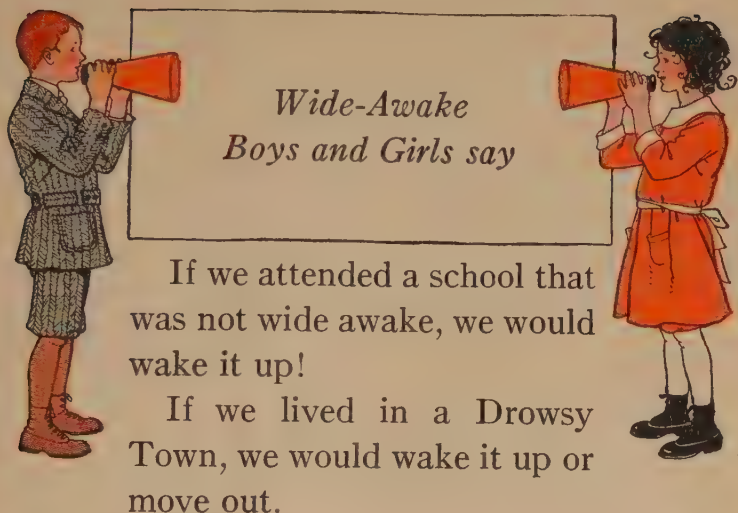
"All that I hear," said Mr. Smart, "makes me believe that I want to live in Wake-Up Town. Could I rent a house here?"

"I fear not," said Mr. Nod. "So many people want to live here that it is almost impossible to rent a house. The only way to get one is to build."

"Well, I guess it's worth it to live in a clean, healthy, happy town like this. It's good enough for me, and I have seen most of the world. If you have no objections, I want to settle down here with you at Wake-Up Town."

So Mr. Smart became a citizen of the town.

As the years went by men and women traveled from afar to visit Wake-Up Town. Many of them even crossed the ocean to see this charming American town famed throughout the land for so many things, but especially for the health of its children—the finest accomplishment of all.



Can you answer these questions and do these things?

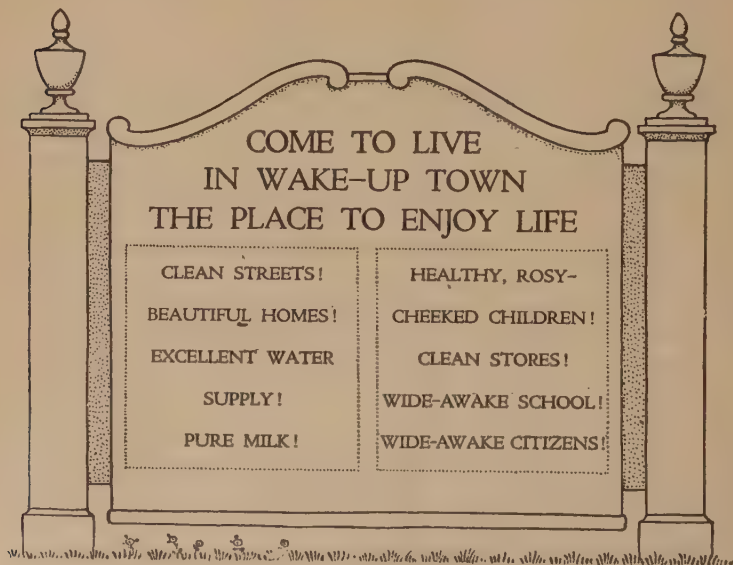
1. What did Drowsy Town do when it woke up?
2. Why did Mr. Smart wish to live in Wake-Up Town? Why should you like to live there?
3. What can boys and girls do to make their own town a Wake-Up Town?
4. Do you know where your milk comes from? Try to visit the farm that supplies you with milk, and find out all you can about it. Write up the story of your visit to read to the class.

5. Do you have malaria in your neighborhood? Are there water holes in your neighborhood? What is your neighborhood doing to get rid of mosquitoes?

6. It costs a neighborhood about \$1.96 to keep a rat for a year. How many rats do you think Drowsy Town might have had? What did they save by getting rid of rats?

7. Write a play telling the story of Wake-Up Town. Bring into the play some of the things your school and town are doing for health.

8. Compare Wake-Up Town and Drowsy Town. Plan and build of cardboard or other material a Wake-Up Town.



APPENDIX

SUGGESTIONS TO TEACHERS ON THE WEIGHING AND MEASURING OF CHILDREN

Within the last few years the weighing and measuring of children has been sponsored by the United States Bureau of Education, the National Tuberculosis Association, the American Child Health Association, and practically all other important health and educational associations in America. This movement has recommended itself to school practice as a means of interesting children in their own growth, and as a method of giving parents and the school a better understanding of the physical condition of children. For these reasons the subject of weighing and measuring has been introduced into this text. The latest weight-height-age tables have been reproduced in the second volume of this series by the courtesy of the American Child Health Association, 370 Seventh Ave., New York.

This association will furnish these tables on request.

A few observations of the author may be helpful to the teacher:

1. The relation of the child's weight to height and age is the best single index of general health and nutrition.

2. In general if a child is 10 per cent below or 20 per cent above the standard weight for height and age he should have special consideration by the teacher. This should involve an inquiry into the child's habits of living. It should also justify a thorough physical examination by the school or family physician.

Sometimes there are children within this roughly defined normal zone who are not physically fit. Sometimes children outside of this zone may be in normal health. This range of variation is greater beyond the age of twelve or thirteen years than at earlier ages. No definite limitations for underweight and overweight can be fixed until there has been a thorough physical examination of children from the point of view of growth, nutrition, and disease.

3. A child in good physical condition tends to gain from month to month. This gain may be quite uneven.

4. The teacher should emphasize the importance of the gain the child makes rather than the particular weight which he may have at any one time.

5. It is a fact established by scientific experiment and observation that children who form good-health habits gain in weight faster than they otherwise would. They also improve in color, strength, posture, power to resist fatigue, and general health. Health habits pay.

6. *The child's rating in health achievements should depend on his ability to carry out the entire health program—forming health habits, gaining in weight, acquiring useful knowledge, and assuming responsibility in matters of individual, school, home, and public health.*

It is manifestly scientifically and pedagogically unsound to make gaining in weight the sole measurement of achievement because it is only one of the most important indices of health, and also because there are factors in gaining in weight which are sometimes beyond the child's control. Such factors are heredity, nationality, home environment, physical defects, and unusual variations in growth.

Lydia J. Roberts ("The Child Health School," *School Health Studies No. 2*, U. S. Bureau of Education, Washington, D. C.) sums the matter up admirably:

To emphasize gains in weight alone is often discouraging and even unfair to many children. One may teach that the children who consistently do the things taught will be the ones to win; in general this will be true, but it frequently does not work out so in practice. Often the child who has apparently done everything he should do fails to gain (probably because of a physical handicap), while others who have put forth feeble efforts as compared with his have gained much more. The greatest pressure should certainly be put on carrying out the health program, for this is usually within the power of most children to do. Stress may likewise be judiciously made on gain in weight; and for those of feeble efforts it may often be held a merciless standard of their accomplishment; but encouragement is rather needed for those who have done all things required and yet have failed to gain as they had hoped.

7. Monthly weighing of children and the sending out of report cards to the parents is desirable as a means of interesting children in their growth and of enlightening the parents and getting their coöperation.

8. The encouragement of the play spirit in health teaching in the lower grades is essential for success.

9. A happy spirit in the schoolroom is essential for the best development in health. It is not only conducive to gaining in weight and physical vigor but also to the growth of healthful mental attitudes.

Elizabeth, I've gone
after Mary Ann.
Be back in a
minute!



